

# “HAUKS, CHIP, GRATE, AND SQUEEZE”

Recipes of the Honduran Bay Islands

Laura Hobson Herlihy

University of Kansas Libraries

**“HAUKS, CHIP, GRATE, AND SQUEEZE”;  
RECIPES OF THE HONDURAN BAY ISLANDS**

**by**

**Laura Hobson Herlihy**

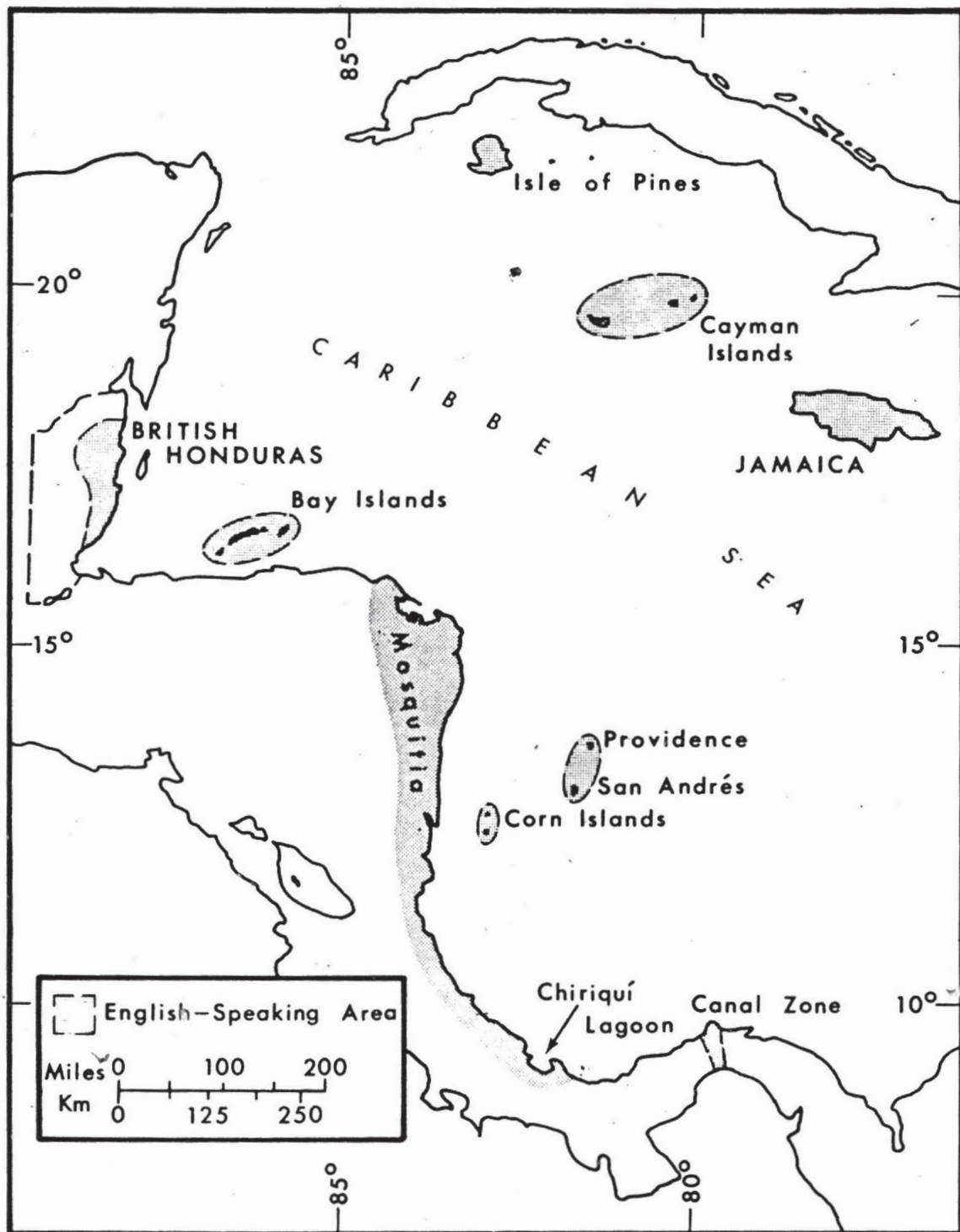
2nd edition

University of Kansas Libraries  
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The English-Speaking Western Caribbean. Courtesy of William V. Davidson, *Historical Geography of the Bay Islands, Honduras; Anglo-Hispanic Conflict in the Western Caribbean*. Southern University Press: Birmingham, 1974.



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My heartfelt thanks go to the people of the Honduran Bay Islands and their warm hospitality. I was an American anthropologist attempting to document their rich culinary heritage, and they opened their homes to me and treated me like family.



Garifuna women burning coconut husks along the Honduran Caribbean Coast. Photo by Peter Herlihy.

## DEDICATION

I dedicate this Central American Creole English language-inspired cookbook to Anita Herzfeld, who originally worked on the World Bank and Honduran Bi-lingual Intercultural Education project. Anita specializes in Creole English in Costa Rica and her research focused on the coastal town of Limón. Additionally, Anita worked for fifty years as a professor in the Center of Latin American & Caribbean Studies at the University of Kansas and has just retired. We miss her dearly at the Center. I also want to recognize William V. Davidson, who graciously allowed me to use his maps in this publication; Dr. Davidson first taught me about Roatan during my master's program in anthropology at Louisiana State University. Thanks also to my geographer-husband Peter Herlihy, who drove me around Roatan in a rented white Samurai jeep to collect the recipes.



Anita Herzfeld



William V. and Sharon Davidson

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Sundown off the coast of Utila. Photo by Michael Bagby.

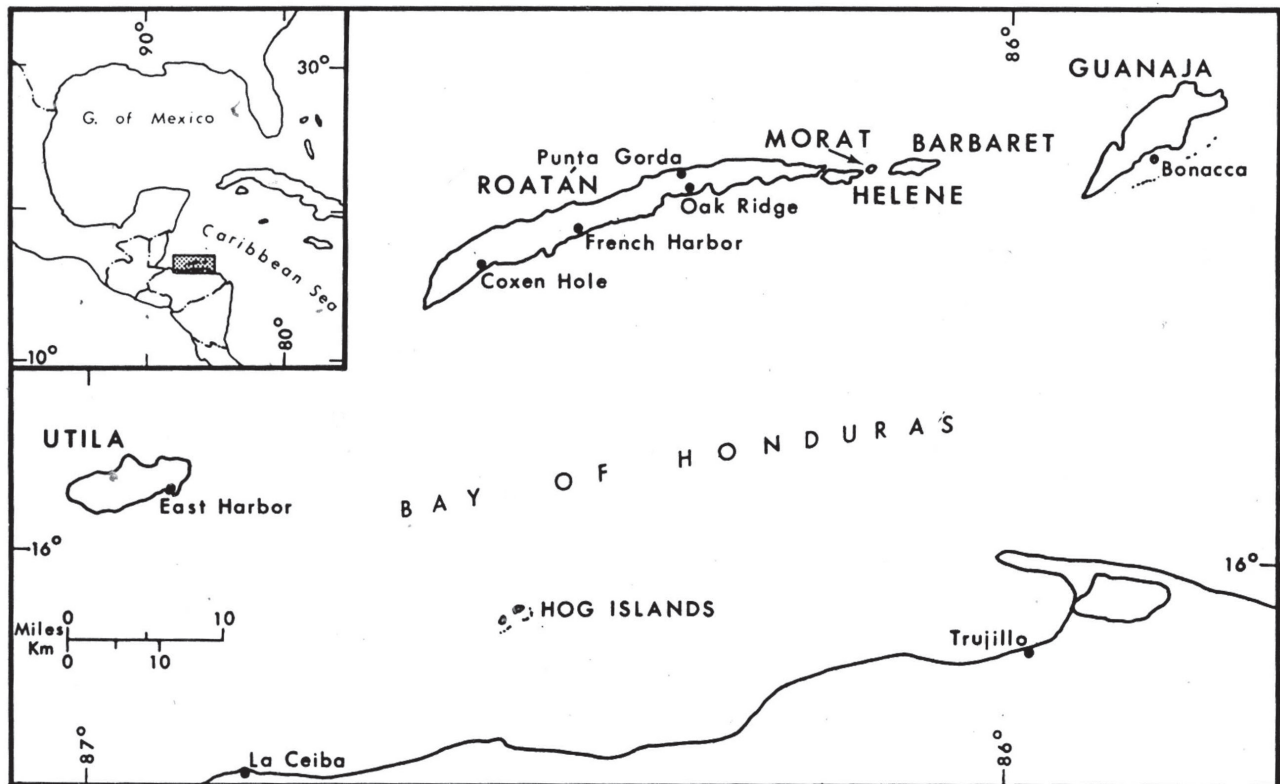


## INTRODUCTION

*Hauks, Chip, Grate and Squeeze* is an ethnographic cookbook based on field research I completed in the late 1990s in the Honduran Bay Islands. I worked as part of the Honduras Subcomponent of Bi-Lingual Inter-cultural Education project, funded by World Bank, to describe and promote Bay Island English (BIE). My research assignment was to collect speech events on a specific theme – Island cuisine – and highlight language use in the traditional context of cooking. What resulted was a cookbook of recipes in BIE, collected from women (and some men) in Roatan, Guanaja, and Utila. The book also includes maps; pictures of the Bay Islands and of those interviewed; a section on fieldwork and ethnographic methods; an index organized by food groups, and a glossary that provides translations of BIE terms to standard English.

I collected recipes of typical foods in the Honduran Bay Islands, a group of islands and cays located off the North Coast of Honduras. The Bay Islands “comprise eight islands and sixty-five keys with a total land area of just under ninety-two square miles” (Davidson 1974:5). The island chain forms an arc in the Bay of Honduras; Utila is situated off the mainland coast about 20 miles from La Ceiba, while Roatan and Guanaja are located about 50 miles off the coast from Trujillo. Fieldwork was completed from December 21, 1997 to January 2, 1998 (13 days) in the principle Island of Roatan, and in the lesser-populated Islands of Guanaja and Utila.

The coconut, the most important ingredient in the regional cuisine, gives the island food its distinct flavor. Locals cook with coconut milk instead of oil or lard (*manteca*). The title of the book – *Hauks, Chip, Grate, and Squeeze* – refers to the steps women used to make coconut milk or cream. Women “hauks” the coconut in half with a machete, “chip” pieces of the white coconut with a knife,



Bay Islands, Republic of Honduras. Courtesy of William V. Davidson, *Historical Geography of the Bay Islands, Honduras; Anglo-Hispanic Conflict in the Western Caribbean*. Southern University Press: Birmingham, 1974.



View of the coastline, Utila. Photo at <https://www.flickr.com/photos/stokes-rx/6128505843>. This file is licensed under Creative Commons Attribution-NoDerivs 2.0 Generic (CC BY-ND 2.0) <https://creativecommons.org/licenses/by-nd/2.0/>



Image of the larger island Guanaja.  
Bonacca seen off the coast.



Exploring the head of Elk Horn coral. Offshore from Coral Village, Utila. Photo by Michael Bagby.



Beach community in Roatan. Photo at <https://www.panoramio.com/photo/37860742>. This file is licensed under the Creative Commons Attribution-Share Alike 3.0 Unported license. Attribution: James Willamor



An eastern view of Roatan. Photo at <https://www.flickr.com/photos/golfking1/16621616286/>. This file is licensed under Creative Commons Attribution-NonCommercial-NoDerivs 2.0 Generic (CC BY-NC-ND 2.0) <https://creativecommons.org/licenses/by-nc-nd/2.0/>



"grate" these pieces of coconut meat with a metal fork or grater, and then "squeeze" the grated coconut shavings in water to make coconut milk. After discarding the "trash," the already used coconut shavings, the women cook the coconut milk into rice, beans, soups and other dishes. Rice with coconut milk is a daily staple served at each meal.

A typical Bay Island meal included beans, rice, breadkind, and meat or fish. Breadkind is any starchy food used in soups and stews to thicken broth, including banana, breadfruit, cassava, chata (a type of plantain), Irish potato, malanga, plantain, pumpkin, sweet potato, and more). Islanders mainly consume starches and do not eat many vegetables. They purchase a few vegetables that are flown in from the mainland at local shops. A green salad can only be found in up-scale restaurants in Roatan.

A few of the more expressive Bay Islanders interviewed characterize Island Cuisine and typical meals below.



A Miskitu teenager grates a coconut.

Miss Orna:

"I don't go too much for vegetables...but my favorite salad is potato salad."

"Well our typical island food here is beans and rice and boiled *breadkind* and when we can get fish we get fish and when we can't get fish we everyday can get meat. We cooks meat nearly



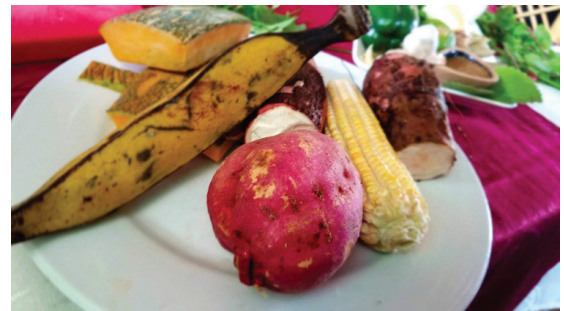
Rice and beans served with *Tapado*. Photo by Kody Clare.

every day, chicken, we get salted meat and we make dat wit potatoes and paste. We got de *bread-kind* (bananas, yuca, sometimes potato). We get all kinds of different foods. But da beans bees da most special dish,

without da beans dey say da food ain't no good. I hardly cooks da beans ya know – it's just me and my husband. I hardly fools wit em. But when I got people in the house, I cooks dem plenty. Everyday I cooks beans, good soft beans. When dey hard, dey no good. When you go in de shop, ya aks em to show you de beans, an you look at dem and if you see em kind of pink and beautiful and reddish, I tink ya can buy em, dey mostly be soft. But sometime, dey has old beans der with weebls and all a dat, dey be hard as a rock, dey don't be no good and dey don't have a good taste. Good beans either be red or pink." **vocab:** breadkind; yuca.

Betsy Williams:

"Sometimes we fry ripe *plantain* if ya can get it, dat's how we does it, we get some ripe *plantain* from da store and we fry it. Any one of dose stores, ya go in der an ya find ya plantain, Arches or Henderson's or de one right below de "*bodegar*" (bodega). Let da oil



Breadkind and corn. Photo by Kody Clare.

get hot and we fries em. Fry dem in oil or coconut oil, peel dem and cut dem in slices.” **vocab:** bodega; coconut oil; plantain.

“We serve em (beans an rice) wit da *breadkind*. We get bananas and bail (boil) em in water or *coconut milk* you can get dat. An let em boil. On da plate is rice, beans, *breadkind* and meat “*off da menu*.” We buy da meat from de shop, fresh beef. Dat’s what we always eat around here. Or da ham with da gravy – we get da tomato paste and fry it, just like we would do for spaghetti and den cut ya ham up and troe it into dat and den put about 2 cups of water onto the tomato paste and let dat go down wit ya tomato paste. We usually take some Irish potato and cut dem up and put em among ya ham. We cook it wit da Irish potato.” **vocab:** breadkind; coconut milk; “off the menu.”

“We cooks chicken around here with da tomato paste or we use da barbecue sauce too. We buy it from da store. You could bake it too wit da barbecue sauce. We takes our chicken and we stew it. Some people have fry it and put it on to boil and put da tomato paste and let it go down slowly wit onion and *sweet peppa*, anyting to season it.” **vocab:** sweet peppa.

“We make chicken and salard, eider cabbage slop or potato salard and a cake for birthdays. Same ting on Sunday, Birthdays, and Christmas. We make caramel cake or chocolate cake. I bought a *War* cake from a “colored” lady for Christmas, but it wasn’t very good – too dry. Not enough water, Crisco, or milk.” **vocab:** cabbage slop; War cake

A man taxi-driver:

“In da old days, dey put *coconut milk* in beans, now dey use *lard*.”

“A typical dinner is rice, beans, meat (pork or cow meat), sometimes fish.” Rice, bean, *breadkind*, meat, could be ham with tomato sauce, boiled chicken, barbecued, stewed, baked, or fried. We can use either Barbecue sauce or tomato sauce.” **vocab:** breadkind; coconut milk; lard.

Delaney:

“A typical *Sunday dinner* is chicken and potato salad and spaghetti. Sometimes you have pork and beans with spaghetti, but usually no vegetable, just lots of starch. They’re (islanders) not worried about vegetables. I used to make Sunday dinner, but not now.” **vocab:** Sunday dinner.



Fruits grown in door-yard gardens.

Bay Islanders seem obsessed with starches and meat in the quotes above; however, they live surrounded by fruit trees and the Caribbean Sea. Besides bananas and plantains, they regularly eat mangoes, cashews, breadfruit, hog plums, papayas, avocados, guavas, limes, and sea grapes; and seafood such as fish, conch, crab,



Hawkfish, a reef fish caught by the lobster divers.

lobster, and shrimp. Bay Islanders’ seafood consumption is represented in the cookbook’s recipes, but the only fruits mentioned in the recipes are the ones they cook to make drinks, jellies, or cakes.



## Living by the sea; coconuts and seafood



A beach-front Miskitu village along the Nicaraguan Caribbean coast. Photo by Josie Kapicka.



A shrimp boat approaching shore. Roatan.



Miskitu children playing on an ocean worthy vessel.  
Photo by Simone Herlihy.



A lobster boat docked at Roatan.



A Garifuna girl sitting on a cayuco with fishing net.



# Fish, Shrimp, Conch and Rock Lobster in the local marketplace

Photos by Kody Clare





## BAY ISLAND ENGLISH PROJECT

The purpose of the Bay Island English research project was to further our understanding of the sociolinguistic situation in the Bay Islands of Honduras. Research was needed at the time of the project in 1997-98, due to the lack of information and published literature on this important vernacular language. Only a few isolated studies had been completed on Bay Island English or BIE (Gilbert and Escure 1988; Graham 1993a, 1993b; Portilla Chaves 1995; Warrantz 1983). Anita Herzfeld (1996), an expert in Central American vernacular English, argued that these studies did not provide sufficient information required to implement a bi-lingual education program in the Honduran Bay Islands.

This research on Bay Island English (BIE) fit within the Honduran Bi-lingual Inter-cultural Education (Subcomponente de Educacion Bilingue Intercultural) program's Improvement of the Quality of Elementary Education Project (Proyecto Mejoramiento de La Calidad de La Educacion Basica) or PROMEB. The BIE research project was designed to provide field data on vernacular English that would assist PROMEB in making decisions regarding bi-lingual education in the Bay Islands. The goal of the BIE project was to strengthen the mother language of the Honduran Bay Islands, thereby, preserving cultural and linguistic diversity in Honduras, at a time when Bay Islanders seemed to be abandoning their language for standard English.

The Honduran Bi-lingual Inter-cultural Education program planned to use the field data collected from the BIE research project in two ways: 1) The written documentation of recipes would be reproduced as an ethnographic cookbook in order to promote the use of BIE among its speakers, and to create an appreciation for Bay Island culture and language for locals and, also tourists; and 2), The audio cassette recordings of the interviews would later be transcribed using the International Phonetic Alphabet (IPA) and a linguist would analyze the transcriptions to determine differences in phonology and grammar (including morphology, syntax, and semantics) between BIE and standard English. As an ethnographer by training and not a linguist, I was qualified to collect the linguistic field data on cassette recordings but not to analyze BIE phonology and grammar.

The Bay Island English project later suffered defeat by an act of God. In October of 1998, hurricane Mitch struck Honduras. Due to extensive water damage to the Ministry of Education, the project report, digital files, and audio-tapes were destroyed. My personal hard copy of the written report, "Hauks, Chip, Grate and Squeeze; Recipes of the Honduran Bay Islands," became the only remnant of the project that survived.



Author with Garifuna children. Honduran Caribbean coast.

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Twenty years later in 2018, KU Libraries Digital Initiatives Coordinator Marianne Reed worked with me to publish a new edition of 'Hauks, Chip, Grate and Squeeze.' Pam LeRow of KU Libraries and the College of Liberal Arts and Science, then created a digital file of my lone hard copy. With LeRow's guided assistance, I made revisions, re-worked the order of sections, and added maps and photographs. Reed made the cookbook available on-line in 2018 through KU ScholarWorks.

## ETHNOGRAPHIC METHODS AND FIELDWORK

Honduran anthropologist Dr. Gloria Lara Pinto worked as the coordinator for this Bi-lingual Inter-cultural Education project. Dr. Lara suggested I start my fieldwork in Roatan. She instructed me to first to contact local officials and representatives of the bi-lingual education program in the town of Coxen Hole. Dr. Lara wrote a letter of introduction for me to present to Licenciada Isabel Garcia de Flores, Director of the Regional Delegation of the Secretary of Public Education. Lic. Garcia, however, was out of the country. I met instead with Lic. Garcia's colleague, who after reading Dr. Lara's letter, gave me permission to begin fieldwork.

Roatan, the largest Bay Island, required the most fieldwork. I stayed from December 21- December 29 (8 days) in centrally located French Harbor. I rented a car (@ 45.00/per day) the first few days to explore, select the settlements to conduct fieldwork, and make contacts. A prolonged "*norte*" (rain and wind storm) came through the Bay Islands on December 28 (closing the Roatan airport that day), which made travel and exploration difficult for the rest of this field research.

The orientation I received in Roatan helped me to understand the social and economic ties between settlements in Roatan and the other Bay Islands, the Honduran North Coast, the Cayman Islands, and the United States (especially, Miami and New Orleans). Also, while in Roatan, I completed 8 inter-



Roatan

views, collected 33 recipes, and recorded 2 cassette tapes. After weather delays, I travelled to Guanaja for two and a half days (Dec 29 – Dec 31) and completed five interviews, collected 13 recipes, and recorded one and a half cassettes; and then went on to Utila for two and a half days (Dec 31- Jan 2), where I completed five interviews, collected 25 recipes, and recorded one and a half cassettes. Because of the heavy rains, I took few photographs in Utila.

Interviewing people from different geographic locations provided me with a representative sample of the Bay Island population:

**Roatan:** Crawfish Rick – 4 women and 1 man  
Milton Bight – 1 man  
French Harbor – 1 woman  
Coxen Hole – 1 woman

**Guanaja:** Bonacca – 4 women

**Utila:** East Bay – 4 women and 1 man





A sign advertising scuba diving in Punta Gorda, a Garifuna town in Roatan.

Informants were selected from remote villages (Crawfish Key and Milton Bight), large towns (Coxen Hole and French Harbor), a congested residential key (Bonacca) with no tourism, and a small bay (East Bay) inundated with tourists. My informants also ranged in age from the early 20's to 70's and had different ancestries, including one "mixed," nine black, and eight white BIE speakers. Most interviews were conducted with women because these were generally the people who knew how to cook, and who were available at home to do interviews. Only three men were interviewed.

In total, I conducted interviews with 17 informants and recorded 71 recipes and five audio cassettes (60 minutes each). During interviews, I simultaneously took notes and made audio tape recordings of the recipes. As explained above, the IPA transcriptions of the five cassette recordings and their linguistic analysis were expected to be incorporated into a subsequent version of the report.

The recipes in the original written report and in the new edition result from a combination of notes taken during interviews and actual speech events recorded on tape. Within each recipe, BIE pronunciations and expressions are presented to reveal the richness and texture of Bay Island language and culture. A glossary of the BIE terms used in the text is also provided for the reader. The glossary includes some Spanish and indigenous Miskitu vocabulary because Bay Island English has borrowed words from both neighboring linguistic groups. This represents a further variation between BIE and standard English.



A dive shop in Utila. Photo by Michael Bagby.

### *Fieldwork Problems*

There were many North American and Northern European tourists in the Bay Islands. The tourists, many of whom have stayed to live permanently, are in a large part responsible for the rise of standard English and the apparent loss of BIE. Most significantly, native islanders usually switch to standard English when conversing with the tourists and new residents. For a North American investigator like myself, who did not speak BIE, this was problematic.



Anthony's Key Diving Resort, Roatan.





Coxon Hole, the commercial center of Roatan in the 1990s.



The largest store in Coxon Hole, Roatan.

When I overheard islanders speaking BIE between themselves, I did not always understand their conversations. I was surprised at BIE’s distinct pronunciation, grammar, and vocabulary from standard English. I realized that the speech events I recorded during interviews were sliding closer to my own Standard English, along the dialect continuum, because BIE speakers were trying to accommodate my speech patterns. BIE pronunciation and grammatical structures, nevertheless, were still evident in their recorded speech events. Additionally, the main topic of research – typical island foods – was a topic that encouraged informants to speak comfortably. Talking about food often evoked memories of the “old days” and conversations flowed easily during interviews, especially with the elders.

My process of selecting informants was very informal. I told people about my project, and then people in turn recommended native islanders (mainly their friends) for me to interview. Other times, I knocked on doors or approached people in the street. Finding good informants was not easy – many people knew how to cook well but did not speak BIE; and many people spoke BIE but did not know any recipes.



A church in Bonacca, Guanaja.



Hotel Rosario, Bonacca, Guanaja.



Locals walk along a sidewalk.  
Bonacca, Guanaja.





Traffic hour in Coxen Hole, Roatan.

Another problem I had doing fieldwork was that I had a very short time to complete it – 13 days. Unfortunately, I did not have time to re-check my information. I then came upon recipes that seemed incomplete. I made notes beneath the few recipes that seemed to have problems. Perhaps these and other questions will be answered in a follow-up study on Bay Island cuisine.



Rio Coco Cafe, Utila. Photo by Michael Bagby.



A gathering of local men, Utila. Photo by Michael Bagby.



Flying over Bonacca to the airport in Guanaja, the much larger but less-populated island.

## ISLANDERS INTERVIEWED

### ROATAN:

*Crawfish Rock* – A North American man suggested Crawfish Rock and Punta Gorda as places where BIE is still spoken. He gave me the name of Hagar Woods as a contact person in Crawfish Rock. Hagar was the big boss of Crawfish Rock. I first went there on Dec. 26 to ask for Hagar's permission to return the next day to conduct interviews. Hagar said she wanted the kids to learn standard English in school. Nevertheless, she thought it was a great idea to record recipes in Island English for a cookbook, and she agreed.

*Interview #1 and #2: Interview with Rosalie Johnson and John Bertran, black BIE speakers. Saturday, December 27, 1997. Mid-day.*

Returning to Crawfish Rock, I learned that a few Miskitu-speaking people lived here. I told the town people I wanted to practice speaking Miskitu, an indigenous language I had learned over the last year of my doctoral field research in the Honduran Mosquitia rainforest region. They told me to go to Blanca's house. Blanca was a Miskitu woman from Brus Lagoon. Blanca then introduced me to her mother-in-law, – a BIE speaker named Rosalie Johnson – who became my first interviewee.



Rosalie Johnson's standing by  
her traditional *fogon* oven.  
Crawfish Rock, Roatan.

Rosalie Johnson Castillo lived on the entrance road to Crawfish Rock. She was born and raised in Roatan and must have been in her late 60's or early 70's. She gave me six recipes, and a man that was present (John Bertran) joined in on a couple of them. Rosalie said there used to be lots of crawfish here and that was the reason the town was named Crawfish Rock. However, no crawfish could be found here today. Most residents of Crawfish Rock were black BIE speakers, but Miskitu-speakers and Spanish-speaking "ladinos" also lived here. Rosalie, her son (Charles) and his wife (Blanca) and children, and Felix Conner all lived together in her small home. Felix Conner was originally from Pensacola, Roatan. Although Rosalie had four children with Felix, she assured me that they were just friends now. Rosalie pointed out another one of Felix's wives, who lived right down the road.

Four people were present at the interview: Rosalie, Blanca, Charles, and John. During the interview, Rosalie yelled out to Benji, one of her sons. She told him to go catch some conch so that she could make the recipes for me. Apparently, Benji goes out in the sea every morning to catch conch off the coast of Crawfish Rock – he's a lobster and conch diver by profession. Another of Rosalie's sons lives next door with his wife and kids.

In general, Rosalie said that she cooked "*old style*" because she cooked slowly, she didn't just throw it all in and brown the cassava quickly. She said she "soaks da pot and all a dat" using a slow fire. Soaking was cooking slowly. She explained, "today they get too hungry and they have to eat it too quickly...*old style* is when you cook outside on a stand, a two- or three-foot stand." And she also preferred the mud stove the best. Rosalie showed me her outdoor clay oven (or *fogon*) and her daugh-





Rosalie Johnson's daughter-in law stands by an electric oven converted to a *fogon*. Crawfish Rock, Roatan.

ter-in-law's stove next door. Her daughter-in-law had put an old eclectic stove outside in the yard and then converted it into a *fogon*-style one. Our interview ended when some North Americans that lived nearby, drove into town in a pick-up truck and brought Christmas presents for the children. All the kids in Crawfish Rock ran excitedly behind the open-bed truck.

*Interview #3, #4, and #5: Interview with Dulci Woods Connor, Berry Ann Woods Cardenas, and Vinola Mincer. Black BIE speakers. Sat., Dec. 27, 1997.*

After leaving Rosalie's house, Hagar Woods took me to her daughters' houses. Their names were Dulci Woods Connor and Berry Ann Woods Cardenas. They were waiting for me. The Woods were obviously a family of substance within the community. Hagar, the big boss of Crawfish Rock, lived in a big house in the center of town, had a distinguished looking husband, and both daughters had married well. All of Hagar's family members had elevated, well-kept homes, joined together by the sandy seaside property.

Dulci was in her late 40's; her sister Berry Ann, in her mid-30's; and their friend Vinola Mincer, who later joined us, was in her 50's. Berry Ann's husband is a Miskitu man and they had "mixed" Miskitu and black Creole children. When I approached the family compound, I found Berry Ann's husband making coconut oil in big vats – it was quite an operation, with the large amount of discarded coconuts, and the equipment. Dulci recited the coconut oil recipe, but it was obvious she didn't know the process by heart and had to check with her husband. This is understandable considering men usually produce the coconut oil.



(left) Hagar Woods' daughter Dulci holds a toy gun, seated in her patio.



(right) Dulci's husband making coconut oil. Crawfish Rock, Roatan.



Hagar Wood's family beach-front property. Crawfish Rock, Roatan.

We did the interview in front of Dulci's house sitting on her staircase landing and in chairs overlooking the water – there was a constant cool breeze. Dulci had a plastic gun in her hand— one of her children's Christmas present from the North Americans who had come that day with gifts. When I departed Crawfish Rock in my white Samurai jeep, a group of locals were waiting for me (4 adults and a child) by the entrance of the small, off-the-beaten-path town. Hagar had already informed those who wanted a ride that I would be leaving.



American-owned bar where Mr. Charles worked.

*Milton Bight* – North American bar co-owners (Vicky and Tom) introduced me to their night watchman Mister Charles. He lived down the hill from their bar, the Distant View.

*Interview #6: Interview with Charles Rivers, a black BIE speaker. Saturday, December 27, 1997 Sundown and early evening (6:00–6:45).*

My husband Peter and I were at a tourist bar with new friends talking to Mister Charles, the night watchman who comes to work every day at 5:30. He was 68 years old, had 17 kids (2 died with his current wife), and had had three wives – his latest was a Miskitu woman from Barra Patuca. Charles said his grandmother was from Grand Cayman; his grandfather was from Coxen Hole, Roatan; and his parents had land “way up island” in Milton Bight. Charles was born in 1929 and his father lived from 1892-1989. Therefore, his grandmother could have been one of the first freed slaves to arrive in Roatan (slavery was abolished in 1834 in the British Caribbean.) Mister Charles said he knew how to make rum (like sugar cane rum) called *bush cat* or *cususa*; he knew the distilling process and wanted to tell me about it. His Miskitu wife was there keeping him company while he worked. She mentioned to me that there were other Miskitu people in Milton Bight. Mister Charles was very nice during the interview, especially considering we were a bunch of gringos (me, my husband, Vicky, and Tom) all asking him questions at the same time. But, he seemed to be quite a talker and to have enjoyed the attention.



Author and a local at the French Harbor Yacht Club Hotel.

*French Harbor* – My husband Peter and I stayed at the French Harbor Yacht Club, a hotel with a marina. In French Harbor on Dec. 24th, I walked through town and asked people what they were cooking for Christmas dinner. Once in the heart of barrio “La Punta,” I asked people for the best cook in the neighborhood, who also spoke Island English. They told me to look for Rosanna Collins. I found Rosanna at home. She was proud that people told me she was a good cook (she even asked me to repeat it a few times for various of her family members’ benefit). Then I asked her who else was a good cook, and she brought me to meet her daughter, Lydia Collins Forbes. Both women agreed to do an interview with me after Christmas.

When I returned after Christmas (Dec. 28th), Rosanna had left for Coxen Hole. I interviewed Lydia instead. This worked out well

because she cooks the same foods as her mother, and I needed younger people to diversify my sample study of BIE speakers.

*Interview #7: Interview with Lydia Collins Forbes, a black BIE speaker. Sunday, Dec. 28, 1997.*

Lydia Collins Forbes was in her mid to late 30’s and her two teenage daughters (Katie and Kayla) were there during the interview. Lydia’s five-or-so year old was running around and turning up the vol-





Lydia Collins with her daughters Katie and Kayla in French Harbor, Roatan.

ume on the T.V. and radio. Her husband Ronnie Wade Forbes worked in construction and played in Tunu, a popular local band. Ronnie was resting in the bedroom while Lydia and I talked in the kitchen/living room. We eventually went into the girls' bedroom and closed the door to tape record the recipes in peace and quiet. She wanted to tell me the recipe for Cross Buns and Mango Jam, but we ran out of time.

That night, there was a wake at a nearby home of a wealthy family in French Harbor. A girl in her early twenties had allegedly committed suicide by shooting herself. There was a big traffic jam in the neighborhood

and everyone stood around the girl's family home with umbrellas. Lydia told me that chicken, beef, conch soup, sandwiches, and coffee were typically served at wakes.

*Coxen Hole* – I ran into Hagar Woods (from Crawfish Bight) in Coxen Hole. She asked her friend and relative Delsie Mungia, a Coxen Hole resident, to speak with me.

*Interview #8: Interview with Delsie Mungia. A black BIE speaker from Coxen Hole. Interview Monday, December 29, 1997. Mid-morning.*

Delsie was in her 60's or 70's. Her wig was slightly off center and she was waiting for me. She had in her hand a written list of the names of recipes that she was planning to give me. Her husband (a Spanish-speaking "ladino") did not seem as old as she did and mostly rested inside during the interview. Delsie and I sat outside on her porch and watched the world go by. Everyone stopped to greet or speak to Delsie.

Delsie lived right next to the Evangelical Pentecostal church where she is a Pastor. Passers-by were asking Delsie about the alleged suicide of the wealthy girl in French Harbor. She said that she had wanted to go to the wake – "to touch 'da girl to say good-bye" – because the deceased was the girlfriend of a relative (Hagar's son). Delsie told people the most important news: the police had put Hagar's son in jail because he was the only one there when the girl shot herself. But Delsie said that he did not do it – the poor girl drank a lot and tried to kill herself three times before. She explained, "Money don't bring ya nuttin' but problems."



Delsie Mungia and her granddaughter on the front porch of her home. Coxen Hole, Roatan.

## GUANAJA:

*Bonacca* – Outside of Hotel Rosario (where I was staying), I saw a girl with a hot bun in her hand and asked where she bought it. I tried to find my way to the place but got lost. I ended up with a nice



family who invited me into their world for the afternoon. The next day, I went into a store to buy a coke and asked the owner (recently elected to a local political office) where I could find a good cook. She sent me to another female shop owner who was working nearby.

*Interview #9, #10, and #11. Interviews conducted with Eldora Hyde (a white BIE speaker), Nancy Frederick (a "mixed" white and black BIE speaker), and Agnes Dixon (a black BIE speaker). December 30th, 1997.*



Agnes Dixon and her daughter Dudu in Bonacca, Guanaja.

Deena Hyde (a "mixed" black and white BIE speaker in her early 20's) said that she didn't speak with an island accent, but that she knew people who did. She took me into their family's kitchen and yelled out to her mother (Eldora Hyde- in her 50's), her sister (Nancy Frederick- in her 20's), and a neighbor (Agnes Dixon – in her late 60's) to come and join us. Agnes lived nearby with her youngest daughter Dudu who was also present during the interview. She said Dudu was a little "retarded" or "slow." Agnes gave me lots of recipes (she also wanted to give me the recipe for "fradila").

Eldora Hyde and her husband Alfred Frederick lived on Disco Avenue in El Cayo, or Bonacca. A "ladino" had shot and killed another "ladino" in the nearby disco a few days ago. The town had to wait until the deceased's mother arrived for the funeral. In front of the Hyde-Frederick home, the funeral procession floated down the sidewalk, which looked more like a cement pier. The procession had to travel in boats to the cemetery on the main Guanaja island. The guy who shot the deceased fled in his boat from the back entrance of the disco that overlooks the ocean. His boat had been found, but not him. Law officials then decided to put the guy's cousin in jail and were keeping him locked up until the murderer turned himself over to the local authorities. Everyone who passed the small jail on the main dock could talk with the cousin – he was on public display. This was the gossip on Bonacca that day.

## UTILA:

*East Bay* – Many of the good cooks owned restaurants in East Bay. One of these owners was Delaney Jansen. Born and raised in Utila, Delaney gave me lots of recipes. Even though she did not speak Island English, she later introduced me to her neighbors Betsy Williams, Miss Orna, and her mother Eva Banks who did. I also met Sheryl Haylock when I went to the store.

*Interview #12: Interview with Sheryl Haylock, a white BIE speaker. December 31, 1997, at 10:00 in the morning.*

Sheryl Haylock was in her 40's and had relatives in the United States (Texas). They sent her hominy, curry, and other ingredients for cooking.



Cheryl Haylock behind her store counter in Utila.

I sat across the counter from Sheryl, a store owner, as she tended to customers. Some customers joined in the conversation and were interested in her cooking secrets. Chayo's sister (who owns and runs Hotel Rosario) usually sells "corn-rice drink" in a big pot outside her store. Because Chayo's sister didn't appear that day, I asked Sheryl for the recipe. She also wanted to give me the recipe for "fry lobster" and "tomato chutney," but lots of customers came in the store to talk with her. Our interview came to an end rather abruptly.

*Interview #13: Interview with Delaney Jansen, a white BIE speaker. Mid-afternoon. January 1, 1998.*

Delaney was in her 40's and had a restaurant (Delaney's Restaurant) on the main strip in East Bay. She said she doesn't measure when she cooks and doesn't know what temperature she uses; she said: "I don't care how much, I just 'troe it in.'" Delaney had family in the US and was very proud that tourists asked her why she spoke English so "good." We sat in lawn chairs in her back yard. Delaney had time to spend with me because her restaurant was closed that day.

Delaney brought me a piece of her luncheon cake. She said she knew I'd want the recipe for her cake after tasting it.

*Interview #14. Interview with Betsy Williams, a white BIE speaker. January 1, 1998. Mid to late afternoon.*



Betsy Williams enters her neighbor's kitchen in Utila.

Betsy was in her 50's or 60's. She walked down the main strip when Delaney asked her to speak with me. Betsy said that she didn't know how to cook as well as Delaney but was willing to talk about simple dishes like beans and rice. When we finished, Betsy returned to her original path, sauntering off down the street to do her errands.

*Interview #15: Interview with Miss Orna, a white BIE speaker. January 1, 1998. Mid to late afternoon.*

Delaney also asked Miss Orna to speak with me. Miss Orna, Betsy, and Delaney all lived on the main street in East Bay. Miss Orna and Betsy lived across the street in much more modest homes than Delaney's. Miss Orna was in her late 50's. We sat outside of her home on a bench, positioned to watch the parade of tourists passing by. She took the time to talk with me even though she had people waiting for her. After giving me a few recipes, Miss Orna took off on the back of a young guy's motorcycle and, looking back, yelled good-bye to me and Delaney over the sounds of the motor.

*Interview #16. Interview with Eva Banks Whitefield, a white BIE speaker. Late Afternoon/early evening, January 1, 1998.*

Delaney's mother Eva looked to be in her mid-60's. Eva, Delaney and her daughters, and I sat on the upstairs porch of the Jansen home. In rocking chairs overlooking the main drag, we watched the hungry tourists walk by – many of the restaurants were closed that New Year's Day. Delaney said, "I would have stayed opened if I'd a known everyone else was closed." The smell of fireworks, loud noises, and debris

filled the air around the Jansen home. As darkness came, the craziness of the New Year's celebration picked up. Eva recited some recipes for me and wanted to tell me about Gingerbread and Corn Custard, when my husband walked by. Delaney told her girls to go call him. He joined us on the porch and our all-girl porch party quickly came to an end. Shortly afterwards, my husband and I left in search of an open restaurant and to buy some fireworks.

*Interview #17. Interview with male taxi driver; a white BIE speaker. January 2, 1998. 11:00–12:00 A.M.*

While waiting for the Isleño flight to La Ceiba in the Utila airport, I sat in an old black truck, the only taxi on the island, talking to a man in his 40's, the only taxi driver in Utila. He used to be a cook on an European ship but doesn't cook anymore – his wife cooks at home. So I asked him about a man's thing – "fried chicharron." He gave me some good information.

The landing strip was full of pot-holes and puddles. The taxi driver and I watched a private plane taking two young gringos to Roatan; from there, they were going on to Miami. Then the taxi driver excused himself and said he had to go. He couldn't wait any longer for the Isleño flight because he said it was always late. He called it the mystery flight. I walked under the tin awning, where a dozen or more un-tanned tourists waited to leave the island. It had been rainy all week.



Tourists board the airplane to leave Utila.



# RECIPES

## Recipes from ROATAN (#1 - #33)

### *CRAWFISH ROCK* (#1 - #16)

#1     **Tapado (or “*Stew Pot*”)**  
see also: #37

By: Rosalie Johnson Castillo and John Bertran

10 bananas  
2 or 3 *plantains*  
2 pounds *cassava*  
3 pounds coconut (3 coconuts)  
1 or 2 pounds flour (depends on pot size)  
1 tablespoon salt if big pot and 1 teaspoon if small  
1 tablespoon black pepper if small pot and 2 if big  
1 garlic head  
1 onion  
1 sweet pepper  
1 mutton pepper  
2 pds. fish (fresh or salted fish)- snapper, kingfish, rock fish, or whatever you have  
2 pds. beef (fresh cow or pork meat or *salt meat*)

Use a *stew pot* and put it all in one pot. Get three coconuts and *chip ‘em, grate ‘em, and squeeze out ‘da trash. Squeeze ‘dat and put ‘da milk in and ‘den ya ticken’ it, put your meat in first and you make it tenda, put the breadkind* (any of the following: banana, plantain, coconut, cassava, chata, pumpkin, yam, sweet potato, Irish potato) and a little dumplin’ (use flour and water to make the dumplin’). Keep stirring it ‘til it get *tick* and when it boilin’, put your *mutton peppa*, onion, garlic, and black peppa. After ‘dat put your fish and put *dumplin’* on top of *tapado*. ‘Den you put your salt (but taste first to see how much). Let it boil up and taste again for salt.

*Mutton* is good in *tapado* – makes it taste good, get ‘em *green* and gives a better flavor, you can smell it, it makes *tapado* big and rich. Rosalie says she gets her fish right here in Crawfish Rock. She says once you get fish, “*scorch em up*” (cut ‘em up with a knife and salt or season ‘dem). In two minutes, ya got a *tapado*, it’s *fast* and wit’ gas it cook quicker. Rosalie said, “wit’ ‘da *stew pot*, sauce run down here (she points to the back of her forearm), ya just lick it up...and anytime ya eat ‘dat stew pot ya gonna want some more.”

To prepare fish, “*scorch em up*” (cut with knife and stuff with seasoning). Rosalie said, “I always speak about ‘dat, ‘da fish born and raised and go in ‘da sea, but ya still gotta salt ‘em, ya can’t eat ‘em just so, and ‘den he turn around and drown in ‘da same water...dat’s funny ya know”.

**vocab:** breadking; cassava; chata; “chip ‘em, grate ‘em, and squeeze ‘em”; dumplin’; fast; green; mutton pepper; plantain; salt fish; sale meat; “scorch it up:’ stew pot; sweet pepper; tapado; ticken’

**note:** Rosalie and the other man repeated the *tapado* recipe three times on the taped cassette. Also, some people say onion is not good in *tapado*; while others said that you can put almost anything in a *tapado* – crab, fish, *salt fish*, *salt beef*, *plantain*, etc.

**#2 Cow Foot and Mondongo Soup (or Cow Foot Soup)**

By: Rosalie Johnson Castillo

2 or 3 pounds cow foot	2 cloves garlic
<i>mondongo</i>	flour
2 pounds <i>cassava</i>	salt
2 pounds cabbage	pepper
1 or 2 <i>mutton peppers</i> (yellow)	vinegar (to season meat)
2 pounds coconut	tomato paste
1 onion	

You buy cow foot and *mondongo* in the market. If you buy cow foot in market you don't have to clean it but otherwise you do. Don't salt the meat. Cook the cow foot and *mondongo* together in a big pot. Boil cow foot 'til soft and *tenda* (till the met falls off the bone) and throw the ingredients in. Peel the *coco*, put in the *cassava*, cabbage, a couple of little hard *dumplings*, onion, garlic, *peppa*. Put in tomato paste for coloring. Add ½ gal of water. Cook it 'till it's tick. Put salt in broth. Rosalie said, "when ya suck da bones, ya fingers stick together – da *gum* (glue or goo from the feet) stick ya lip together, that's the strength – the richness from the foot...afta' ya eat da cow foot soup, ya wanna live here all together."

**vocab:** cassava; dumpling; gum; *mondongo*; mutton *peppa*.

**#3 Pig Foot Soup**

By: Rosalie Johnson Castillo

<i>green plantano</i>	2 cloves garlic
1 lb. Irish potato	flour
2 pounds <i>cassava</i>	salt
2 pounds cabbage	pepper
1 or 2 mutton <i>peppers</i> (yellow)	vinegar (to season meat if you want)
2 pounds coconut	tomato paste
1 onion	

Just like Cow foot but Pig foot. Cut 'da pig foot in small pieces, boil it 'til soft, put in *cassava* and *coco*. Stew it. Boil it down in water 'till it get soft. Trow in *coco* and *cassava*, but *dumplings* and put the min, put in onion and two green *plaintains*, that *ticken* itself (*coco* and *cassava* make it *ticken* itself), don't *ticken* it more but add in Irish potato (she says she rather *coco* and doesn't like Irish potato, but cabbage in last. Salt to taste.

**note:** as with *tapado* they didn't mention adding water to soup, but they must.

**vocab:** cassava; *coco*; *dumplings*; green; *ticken*.

#### #4 Conch Soup

By: Rosalie Johnson Castillo

see also #11, #32, and #34

coconuts	onion
2 pds. conch	garlic
½ gal of water	salt
tomato paste to color (½ or 1 small packet)	cassava
¾ lbs. flour	lard

Buy conch from divers who dive everyday right here in Crawfish Rock (they go in the mornings and costs around 50 lempiras). Beat ‘em and mash ‘em but don’t *skaul* or boil ‘dem (Rosalie says she doesn’t *skaul* ‘em, she fries ‘em) Fry conchs in a little oil, after put water in pot. Put conch in and make it boil and throw in *coconut cream* (grate it and *squeeze it*, throw out the *trash*) and *cassava* to make it rich. And then the *dumplin’* (knead the *dumplin’* hard and cut em up small). Put in the onion, garlic, pepper, and tomato paste for color. Add ½ gallon of water. Some people don’t like coloring and don’t put tomato paste. Other people use *achiote* to make it red. Salt the pot at the end to taste.

She says the most important thing is that you gotta pound ‘da conch and mash ‘em with a hammer. Then, but ‘em up and fry ‘em. Fryin em gives dem a getter taste, better than if you just throw it in the water. So her secret is that she fries the conch and onion together first in a little *lard*. Rosalie said, ‘dat’s old fashioned cooking to fry conch and onion separate... dat’s good cookin’. Young people trow ‘da conch right in ‘da wata’.

**vocab:** achiote; cassava; coconut creme; dumplin’; lard; skaul; squeeze; trash.

#### #5 Crab Soup (or Rahti Soup)

By: Rosalie Johnson Castillo

crab	Irish potato (optional)
coco	flour (a little bit – <i>cassava</i> and <i>coco tiken’</i> itself)
cassava	mutton pepper

Make crab soup just like cow feet and pig feet soup. But you don’t have to boil the crab first like the cow foot and pig foot. You just kill ‘em (the crabs), clean ‘em up and trow ‘em right in da wata. Put in ya coconut, *cassava*, couple of *dumplings*, onion and *mutton peppa* – that’s a good soup. If you want Irish potato, you can put that in too. Boil it down to see how tick, ‘da coconut and *cassava* are main ting ‘dat make it *tick*. Crab is easy to cook, boil meat out in da doup, just eat ‘da meat by suckin’ it out of da shell and drink the soup. Rosalie said, “if you get ‘dem ‘tings (crabs) and I fix em up for ya, ya not gonna wanna go from Crawfish Rock.” You can use the crabs runnin’ about here, like the blue crab! But rahti is smaller and richer and makes richer soup then blue crab, because the crabs are smaller and flatter, although some *rahti* (*jaiba* in Spanish) can be big. Rosalie says *mutton peppa* is important. She grows her own mutton peppa in her garden and another lady also has a garden nearby where she gets them.

**vocab:** cassava; dumplings; jaiba; mutton peppa; rahti; ticken.’



## # 6 Finger Lickin’ Iguana

By Rosalie Johnson Castillo and John Bertran

*iguana*  
oil  
garlic  
*mutton peppa*

*achiote*  
garlic  
coconuts  
black pepper

First, clean *iguana* by taking off skin. Put oil in pot and when it gets hot, put *iguana* in and brown it ‘til it gets mashed up. Add garlic, *mutton peppa*, pepper, and mash it up good. Add *nawta* (or *achiote*) to make it a yellowish or pretty color. Some people don’t skin it and put *iguana* in with skin, the skin helps color it too, it makes it brown. Put eggs of *iguana* (if the female is with eggs) over it and cook then in their white sac – don’t mash ‘em up. Eat with *coconut rice*, beans, and boiled bananas. You can also boil the *iguana* right down in *coconut milk* ‘til the meat comes off bone. Then mash it up. Either way you cook it, you can use either oil in pot or *coconut milk* – the *coconut milk* makes it richer. Rosalie said, “you lick ya finger its so nice.” John said, “You heard about ya finger lickin’ chicken, ‘dis is finger lickin’ *iguana*.” Someone added that you can make *iguana tapado* – instead of fish, boil *iguana* in *coconut milk*, add *dumpling*, *breadkind*, seasoning, *plantain*, etc.

**vocab:** *achiote*; *breadkind*; *coconut milk*; *coconut rice*; *dumplin’*; *iguana*; *mutton peppa*; *nawta* (or *noata*); *plantain*; *tapado*; *wishy willy*.

**note:** The *iguana* is also called the *wishy willy*.

## #7 Lobster and Shrimp Stew (or Shrimp Stew)

By: Dulci Woods Connor

1 lb. shrimp  
½ lb. lobster (or less)  
1 cup and ½ cup *coconut milk*  
1 large big onion

1 pinch garlic salt  
1 *sweet peppa* (and 1 green one)  
1 pinch salt  
1 *mutton peppa*

Make the *coconut milk* “*boil up*.” Bring *coconut milk* to boil and add salt, onion, garlic, and *peppas* and then add shrimp. Clean the shrimp and lobster and add in, boil five minutes, add salt – cook 35 minutes, cook down.

**vocab:** “*boil up*”; *coconut milk*; *mutton peppa*; *sweet peppa*.

## #8 Shrimp and Rice

By: Berry Ann Woods Cardenas

1 and ½ or 2 pds. of shrimp  
1½ pds. rice *peppa*  
*achiote*  
onion

black pepper  
sweet pepper  
garlic salt

Clean shrimp and put in a pot with oil, garlic salt, and onion, black pepper, *sweet peppa*, and *mutton peppa*. Fry for awhile in oil (10-15 minutes). Wash rice and put in pot for 5 minutes, add three cup of water and put in *achiote* or *noata* (*nawta*) so its not plain white colored. “Ya get all ‘da men’s wit dat.”

**vocab:** *achiote*; *mutton peppa*; *sweet peppa*.

## #9 Crab Cake

By: Dulci Woods Connor

1 pd. crab  
2 tablespoon flour salt  
peppa

onion powder  
garlic powder  
*lard* or *blanguita*

Mix crab meat and peppa, flour, garlic and onion. Blend it all together into small patties or little balls. Put *lard*, *blanguita* or *coconut oil* in pot – make oil hot, hot, hot, and put cake in and deep fry them. Fry ‘em til brown, brown (golden brown), and ‘den turn it over three times. ‘Den it tastes good.

**vocab:** blanguita; coconut oil; lard.

## #10 Chicharron with Yuca

see also: #10, #18, and #70

By: Dulci Woods Connor

1 pd. fried *chicharron*  
2 pds. *yuca*  
1 large *sweet peppa*  
1 *mutton peppa*  
1 pack tomato sauce

1 cabbage  
1 pd. whole tomatoes  
lil garlic  
pinch of salt

Take those *cassava* or *yuca* and peel and wash ‘em good. Cut ‘em up and put ‘em in a pot to boil. After cooked and tender, drain and set aside. Bring oil to boil in frying pan. Put in onion, *sweet peppa*, garlic, *mutton* or hot pepper, and tomato sauce. Add *yuca* to pan of ingredients and add 2½ cups of water and simmer for ½ hour. Add Salt. Put 4 or 5 pieces of *yuca* on each plate. Then, take fried *chicharron* and break in small pieces. Get 1 pound of cabbage and cut thinly and slice 1 pound of tomatoes. Make a layered dish: *yuca* on bottom, place small pieces of *chicharron* on top of *yucca*, cut cabbage on top of that, 3 slices of tomato on top of cabbage, and then pour some bottom gravy from the *yuca* on top. So the layers are *yuca*, *chicharron* (bought in store already done fried), cabbage, tomato, and sauce. Buy *chicarron* in meat market downtown in French Harbor or Coxen Hole. Ya boyfriend gonna give you a big kiss for dat.

**vocab:** chicharron; mutton peppa; sweet peppa; yuca.



Iguana, Utila. Photo by Michael Bagby.



The Caribbean's Green Iguana  
<https://pixabay.com/en/utila-iguana-reptile-wildlife-1904578/>



## #11 Stewed Conch

By: Berry Ann Woods Cardenas

see also: #4, #32, and #34

2 pounds of Conch  
lime  
3 cup coconut milk  
garlic  
onion

sweet peppa  
mutton peppa  
black pepper  
salt  
1 cup flour

Wash 2 pds. of Conch in lime juice. Pound 'em and add some water in pot and boil 'em for a while, drain, tro' out water. Then gonna add the *coconut milk* and the dumpling. Get three cups of *coconut milk* and we're gonna make *sea pie* – knead dough (with a little water) and flatten it out with a rollin' pin 'til it becomes *tin* and cut into little blocks or *sea pie* (flour for conchs called *sea pie* or *dumplings*). Add conchs last. Then add all the other ingredients (onion, sweet and *mutton peppa*). Stir 'til "ticken' up," taste for salt, if you don't like it plain white, add achiote. And if want can serve with rice.

You can use same recipe to make stewed conchs or stewed crabs, but use da' cream of the coconut. *Coconut cream* – grate and squeeze water and milk from coconut trash and let it sit 1 hour. The cream rises to the top and just use the cream. This makes it richer.

**vocab:** coconut milk; coconut cream; dumplings; grate; noata (or nawta); sea pie; squeeze; ticken' up; tin; trash.

## #12 Coconut Oil

By: Dulci Woods Connor

see also: #17

lots and lots of coconuts  
water

water  
2 cut off or halved gasoline drums

1. *Hauks* (break in halve, hack), *chip*, and *grate* the coconuts. Get 2 buckets of water.
2. "Squeeze up" the coconuts by using a little cloth bag as a filter. Pour the 2 buckets of water through it – "squeeze 'da trash" Use a double bag to form strong cloth to strain *trash*.
3. Get milk from coconuts and put it in a large pot of *drum* and boil it for 2 hours.
4. Use same *trash* and get 2 more buckets of water and strain it sit' bag 'til *trash* as dry as possible.
5. When *trash* is as dry as possible, give *trash* to pigs and chickens.
6. Let milk boil for 2 hours and add other milk.
7. Make it all boil wit' good fire 'til oil is floating on top of water.
8. After oil is on top and water is clear on bottom of drum, get pot and pot spoon and skim oil off in small bowl.
9. Pour into jar. Put jar of oil in refrigerator to make cool *lard*.
10. Then you have your homemade and natural fresh *coconut oil*.
11. Use on stove in frying pan 'til golden brown and 'den you have nice fresh oil to make eggs.

**vocab:** chip; drum; grate; hauks; lard; squeeze ("squeeze up" and "squeeze 'da trash"); trash.

### #13 *Green Chata Cake*

By: Dulci Woods Connor

5 green <i>chata</i>	1 cup <i>coconut milk</i> or <i>pet milk</i> (or an evaporated milk, not cow milk)
½ cup sugar	2 teaspoons cinnamon
½ pound flour	2 teaspoon vanilla
1 stick margarine	pinch salt

Peel ‘da *green chata* and *grate* ‘em. Add sugar, flour, margarine, milk, cinnamon, and vanilla. Mix it with spoon hard, mix it wit’ ‘ya *hand*. After mixing it, pour in baking pan for 2 hours on 250. Be sure to grease pan with margarine or butter. After brown all over – turn down and leave in oven *soak* to cook ‘da inside. After making the cake *soak*, let it cool. ‘Da milk makes it rich, especially *coconut milk*. ‘Dis keep ‘ya boyfriend comin’ back fa’ more.

**vocab:** coconut milk; chata; grate ‘em; green; hand; pet milk; soak.

### #14 *Johnny Cake*

By Vinola Mincer

see also: #68

3 pounds of flour	½ cup <i>shortenin’</i> (or <i>blanquita</i> )
3 coconuts grated	¼ cup sugar
4 spoons baking soda (not yeast)	2 teaspoon salt

Get coconuts and *hauks* ‘em, *grate* ‘em, and *squeeze* ‘em. Let three cups of water pass through *strainer* (trow away *trash*) and you have your *coconut milk*. Get a spoon of flour, bakin’ soda, *blanquita*, sugar and salt and knead them together like bread. Use your strength kneading. Use fork to make a little cross design on top. While coconut bread has yeast, Johnny Cake has baking soda. Johnny cakes is good for ‘ya supper.

**vocab:** blanquita; coconut milk; grate; hauks; johnny cake; shortenin’; squeeze; trash.

### #15 *Coconut Cake Cookies*

By: Dulci Woods Connor

3 large *green* coconut  
2 *sugar heads*

Get three *green* coconuts and *hauks* ‘em, *chip* ‘em, and *grate* ‘em. Add no water, just *squeeze* to get *coco milk* (around 2 cups milk) out of them. Get iron pot, add 2 *sugar heads* (*rapadura*) that ya’ buy at Coxen Hole in the market. Put in 2 cups of water and make a syrup that ya’ stir every five minutes. Cook for 1 to 1 and ½ hour. After boiling *sugar heads* and syrup, put in *trash* and small pieces of coconut. Get it hard and *tick*. Cook it an’ all of it comes together in a ball. Afta ‘dat, it’s sticky and chewing. Let cool and mix small cakes, mini coconut stuff. Serve it cold as desert cake. Make ya’ strong and good.

**vocab:** chip ‘em; grate ‘em; hauks ‘em; rapadura; sugar heads; squeeze; trash; tick.

#16 *Hog Plum Drink*

By: Dulci Woods Connor

2 dozen *hog plums*  
waterice  
sugar

Get ‘da red and yellow *hog plums* along side of road in French Harbor. Put ‘em in pot with water. Wash them real good and put in bowl. *Squeeze* ‘dem up with ya *hand* – remove everyting from seed and *strain* ‘em. *Strain* and “*squeeze up*” in water. Put in pitcher and add a little water if you want to. Add sugar. Put in refrigerator on ice.

“(If) you have 1 glass you want two, you have two glass you want three... real refreshin’ ...just pick up ‘da plums right here on the road or in French Harbor and carry ‘em hom in ya bag and wash ‘em good.” “A tropic island drink – people luv ‘dat now.”

**vocab:** hand; hog plums; squeeze; strain.

*MILTON BIGHT (#17 – #24)*#17 *Coconut Oil*

By: Charles Rivers

see also: #12

140 coconuts  
*graters*  
cut-off gasoline *drums**krukus* sac  
*Flor de Caña* bottles

Get 140 regular sized coconuts to make 2 gallons of *coconut oil*. “*Hauks, chip, and grate*, ‘den *squeeze* ‘da *trash*.” Grate it on ‘da *greata* (grater). Wata from coconut goes right in *trash* – grate ‘em whole. Use ‘da big *greata* – big length, *grate* ‘em two at a time. Da *greata* creates da *coconut trash* and ‘den put wata through it; “afta done *grate it*, get ‘da *trash* and put ‘da *trash* in cloth or bag an use ‘da cloth as a *straina* (strainer)”. Ya *trow* ‘da *wata* in it, get shirt or piece of cloth and ring it like ringing clothes, *squeeze* with water to get the milk, *squeeze* juices and *meat* to get *coconut milk*. ‘Da cloth or bag made of cloth to strain *trash* was called a *krukus* sac in the *old days*. White like milk comes out of the *krukus* or cloth. Wata gets white white like milk. Put extra water from *pipe*, if you have to put it too.

He boils from 12-5 in the evening. It’s a whole day’s job. Let it boil 4 or 5 hours and oil floats right up on top. Take dish or *calabash* to skim oil off top. Get *calabash* and skim it off top and put it in another pot and cook it again. Fry it in another pot ‘til all ‘da *wata* is gone and it starts changing its color and turning red. Wait ‘til it turns red before skimming off oil. If it doesn’t turn red, it will get rancid quickly.

Mister Charles sells *coconut oil* for 25 lemps a big bottle. He also puts it in *Flor de Caña* bottles and this size is called “*ajust batil*” (bottle) and he sells them for 9.55 lempiras in the local store in Milton Bight, and only keeps 2 bottles for his kitchen. Mister Charles says 50 big coconuts will make 1 gallon of oil. He can sell 1 gallon for 125 lempiras.

‘Da *coconut water* goes in *trash* or let the hog drink it. The *squeezed trash* goes in the hot slop. Mix *trash* in water that you took the top oil off and gives to pigs. *Hogs slaw* – trash and coconut water.

**vocab:** *ajust batil*; calabash (calabaza); coconut water; coconut oil; drums· hog slaw; *krukus*; grater (*greata*); meat (of the coconut); squeeze; trash



## #18 Fried Pork Skin

By: Charles Rivers

1 hog or pig

1 cut-off gasoline *drum*

oil (*blanquita*, *coconut*, or *clover brand*)

baking soda (optional)

First you have a live pig. Get an axe an’ “*lick em*” in ‘da head (the forehead) and then ya take a knife and “*jig em*” in ‘da throat (throat). ‘Den ya put him on some coconut leaves and you “*scrape em*.” And hang ‘em by his two back feet wit’ rope and steam him and clean him off with soap and water. Slice off *chicharron* in big slices and cut it up in little pieces. ‘Den ya slice up ‘da meat. ‘Da dog eats the blood. Fry *chicharron* in *blanquita* (“the British people used *coconut oil*”) or *lard* or *clover brand* from shop. Take a gasoline *drum* and cuts him in half, use half a *drum* an’ fill wit’ wata and put fire on him (the *drum*). Put couple of pounds of *coconut oil* or *blanquita* and plenty of fire. Let it get hot and stirring ‘til wata comes out (don’t put skin in right away). Afta it’s fryin,’ ya gotta stir. ‘Da boilin’ wata makes oil come out of it and if you trow it in without wata, it would stick. Not everybody can fry *chicharron*. Keep plenty of fire, stir it up so skin doesn’t stick to the pot or burn or something. Years ago we put soda in it to make it “*blow up*.”

**vocab:** “blow up”; *blanquita*; *chicharron*; *clover brand*; *coconut oil*; *drum*; “jig ‘em”; “lick ‘em”; “scrape ‘em”

## #19 Pop Drink

By: Charles Rivers

banana (or rice, pumkin, flour, oatmeal, etc.)

cinnamon

nutmeg

*Milex*

sugar

This is a drink that’s like a *wabul*. It can be a rice, pumkin, flour, oatmeal, *konkotea*, “*r*” *root*, *chata*, or banana *pap*, but not *plantain*. Mix any one of these things with cinnamon, milk (*Milex*), sugar and nutmeg. *Pap* is sweet milk. Grind the cinnamon and nutmeg. With the “*r*” *root* the leaves dry up and you *grate* ‘da root, strain with a *krukus* bag or a nylon one of today. Mister Charles says when the Waika or Miskito people (like his wife) makes *wabul* they just go to boilin’ the pumkin ‘til soft and then to mashin’ it up and ‘dey just go to work trowing in ‘da *coconut milk* and that’s it. But, when we (the Bay Islanders) make *pap*, we put cinnamon, nutmeg, sugar, *milex* or some kind of can milk. They (the Miskito) call it *wabul* we call it *pap*. You get ‘da *chata* or the banana (not *plantain*) and you split ‘em up *tin*, *tin*, *tin* and you set ‘em to dry and put ‘em in pan and ‘en ya grind ‘em in ‘da milk. That’s delicious, that’s what I always drink, I always keep it in the house. He gets someone to make it for him since his wife only makes Miskito-style *wabul* (without water, sugar or cinnamon) – he doesn’t drink it because he’s not used to it without sugar.

Mister Charles talked about “*r*” *root*: “you plants him and then he spreads, and afta’ he ready he dry down...You *graeta* him through ‘da *krukus* bag and strain him....Now ‘dey use nylon or plastic, but when we was younger, we called it the *krukus* sac.” Mister Charles said *kokontin* (or *konkotea*) is *pilipita* where his wife comes from on the *Waika Coast*.

**vocab:** *chata*; *coconut milk*; *kokontin* (or *konkotea*); *krukus*; *Milex*; *pilipita*; *plantain*; *pop* (or *pap*); “*r*” *root*; *tin*; *wabul*; *Waika*; *Waika Coast*.

**#20     Roasted Cashew Seeds (or Roasted Maranons)**

By: Charles Rivers

cashews nuts in shell  
gasoline or kerosine  
piece of gasoline *drum*

Pick ‘em off ‘da fruit and sun ‘em (put ‘em out to dry) and then “*blaze ‘em up*” in shell. Let cool and mash ‘em wit a hard instrument to get nut out. Roast ‘dem an’ break ‘dem an’ sell ‘em. Hard work. Put a hole in piece of drum and *jig* a hole in it, throw gasoline in ‘dat and (let) “*blaze up*” over coals. Blaze like candle, but not too long. And ‘den throw water on it. Don’t burn ‘em up, blaze ‘em just a couple of minutes. Depends how dry they are, da fresh takes longer.

**vocab:** “blaze em up”; drum; jig.

**#21     Cashew Wine**

By: Charles Rivers

cashew fruit  
sugar  
water

The fruit is useful, ‘da wine is real good, “that will drunk you too.” Making wine from jelly juices. Put ‘da cashews in a pot or batil wit’ a’ big mouth, cova’ it and stop it up. ‘Da sugar pulls ‘da juice out of ‘da fruit. When ya’ drink it, it pure whiskey, strong. Don’t cook it, let it sit 2 or 3 days, it’s just right so – just like a *chicha*. Wit ‘da fresh sugar in it, the sugar does the job and melts ‘da fruit. Don’t have to mash it or “*jug it*”, just split the fruit in half and throw the sugar in it. ‘Dey don’t masticate ‘da fruit here like ‘de do ‘da chicha (on the Miskito Coast). He says his father used to make bush cat and sugar cane chicha but not any more, in ‘dem days ‘dey did. *Bush cat*, he said was *cususa*. Mister Charles also knows how to make rum.

**vocab:** chicha; cususa; “jug it”; bush cat.

**#22     Cashew Jelly**

By: Charles Rivers

cashew fruit  
sugar

Can make jams and jellies out of fruit. Keep ‘em (the cashew fruits) in sugar for two or three days. You don’t have to mash it or “*jug it*,” ‘da sugar “*pull it*.”

**vocab:** “jug it,” “pull it.”

### #23 *Crabu Drink*

By: Charles Rivers

crabu fruits

Picks him (the crabou fruit) up and puts him in ‘da batil and trow hot wata on him to kill the insects. And ‘da liquid keeps him from rottin’. Trow out hot wata (just keeps im from rottin’) and put in uda batil or pan and put uda wata an’ mash ‘da berries up. stops ‘da batil up and put cold wata in and ‘dat will last you for years. *Nance* drink. *Crabu* drink.

**vocab:** crabu; nance.

## *FRENCH HARBOR (#24 – #28)*

### #24 *Fish Brown Stew (or Brown Stew)*

By: Lydia Collins Forbes

4 or 5 lil fish (Redfish)  
3 or 4 tablespoon flour  
4 tablespoon oil (or to cover pan)  
onion  
*sweet peppa*

garlic  
1 whole tomato  
Lea and Perrins (*Salsa Inglesa*)  
black pepper

Season fish up and fry it; fry fish first and take off. Get ‘da fryn’ pan and put oil but no too much. Get 3 tablespoon of flour and put it in ‘da oil and brown it, make flour a deep deep brown cookin’ wit’ oil. Put seasonin’ in – cut up onion, *sweet peppa*, garlic, tomato (1 whole tomato), black peppa, seasonin’ salt. *Salsa Inglesa (salsa negra)* and put in brown flour. Put 1 cup of water in browned flour and make sauce. Put pieces of redfish in sauce and add black peppa and seasonin’ salt to sauce. ‘Den make it cook for 15 or 20 minutes. Make rice separately and serve with boiled *green* banana, rice, and fish with sauce. You can use *clover brand* or *manteca* as oil. She says redfish is her favorite fish, it’s a *deep water fish* that her father-in-law gets for her or she buys in ‘da shop.

**vocab:** clover brand; deep water fish; green; Manteca; Salsa inglesa; salsa negra; sweet peppa.



Cooking *Tapado* on an outdoor cooking stand. Pictures by Kody Claire.



**#25 Arroz con Polo**

By: Lydia Collins Forbes

see also: #58

1 whole chicken	salt to taste
1 teaspoon of black peppa	½ big <i>sweet peppa</i>
2 or 3 tablespoons of vinegar	1 <i>limb</i> of celery
1 big onion	1 <i>mutton</i> pepper if like it spicy rice
3 cloves garlic	water

Get a whole chicken and skin it and cut up in small pieces. Season wit' teaspoon of black peppa, 2 or 3 tablespoons of vinegar, one big onion and cut it up, 3 cloves garlic, ½ big *sweet peppa*, 1 lil' *limb* a' celery. Use a *mutton peppa* if you like it spicy. Put oil in pot and grease it. When oil is good and hot, put in chicken fry an' trow in seasonings including salt. 'Da wata in 'da meat will make it cook 'til soft an' 'den put in more wata an' cook 'til real tenda. Make rice. Wash rice and clean it an' trow it in meat and make it all boil together. Put tomato paste in while wata boils to make rice, so it has a good color. Add more black peppa, seasoning salt, and salt, an' add plenty wata in it. Make it cook 15-20 minutes high on top of stove and tum down low so don't burn. Cova' while rice is cooking.

**vocab:** limb; mutton peppa; sweet peppa.

**#26 Stew Pawpaw**

By: Lydia Collins Forbes

1 big ripe *pawpaw*  
 1 *sugar head*  
 1 stick cinnamon

Get a big green *pawpaw* (papaya). Peel it, and cut it up in slices, and put it in pot an' “*skaul*” it (put it on high for 10-15 minutes). Steam it but don't make it steam too much. Cover it. Afta use wata to steam, trow it out. Add in “*sugar head*” or *rapadura*. Grind in 4 or 5 pieces of cinnamon sticks in pot. Cook without wata for 30 minutes. Let 'da sugar melt and 'da cinnamon gives it flavor. After 30 minutes it will turn brown an' 'da heat makes sugar and cinnamon melt down into 'da *pawpaw*. Slice *pawpaw* and pour sauce on top. Lydia's family makes this dish every Good Friday and serve it with *cross buns* (a sweet bread), it's a family tradition – her father like it so.

**vocab:** cross buns; green; pawpaw, rapadura; skaul; sugar head.

## #27 Cassava Cake

By: Lydia Collins Forbes

5 pds. *cassava*  
2 big coconuts  
2 ½ pds. sugar  
½ pd. of flour

½ teaspoon salt  
2 tablespoons of vanilla  
1 stick cinnamon  
1 bar margarine

Peel *cassava* and wash ‘em and grate ‘em. Use ‘da *greata*. My mama used to make ‘dis. Get milk from 2 big coconuts and “squeeze ‘da trash” and put milk in *cassava* in a bowl. If you like it real sweet, add 2 ½ pds. of sugar. Add 1 bar of margarine, ½ pound of flour, ½ teaspoon of salt, 2 tablespoons of vanilla, 1 stick of cinnamon, and pound the cinnamon. Mix it in a bowl. Put ‘da cinnamon in a cloth an’ pound it wit’ a hamma, use a “claw” and hammer. Grind it real fine, put in nutmeg ‘til you can smell it. Take 1 pound of sugar and brown it in fryin’ pan. Brown sugar and add water. Put it in a bowl an’ mix it. ‘Dat will make it brown. Add brown sugar to give it color. Sometime ‘da flour not so needed in it because sometime ‘da *cassava* has plenty starch; sometime ‘da *cassava* be like waterish and doesn’t have starch in it, ‘den it needs flour. When it has starch in it, don’t add as much flour. Too much starch is bad. Mix it *tin, tin* so when bake it, it has hard crust on bottom and creamy crust on top. If ‘da mix is *tick*, the cake come out hard and doesn’t have creamy crust on top. Make it “soak” (turn oven down lower so doesn’t burn on crust and cook it through). This is a Sunday cake or for ‘da weekend. You eat it plain without icing.

**vocab:** cassava; claw; grate ‘em; greata; tick; soak; squeeze; tick; tin; trash.

## #28 Coconut Bread

By: Lydia Collins Forbes

see also: #14 and #41

2 coconut’s milk  
3 pounds of flour  
4 ounces *clover brand* or *blanquita*

½ cup sugar  
2 teaspoons of salt  
5 teaspoons of yeast (instant yeast, “tin it in”)

Put *coconut milk* wit’ flour an’ knead it up wit’ ya’r *hand* (noy spoon), ‘den it come out good. Mix and knead it into a bowl wit’ yeast, sugar, salt, and *blanquita* or *clover brand*. Some people like margarine. She luvs *clover brand* or *blanquita* an’ doesn’t like margarine because bread bees soft wit’ *clover brand* and *blanquita*. Mix flour wit’ hand and leave it to rise for 1 hour or 1 and ½ hour, but not too much (cause gonna be “too late” or “too hard”). If too long, it gets too light; if too little, it gets too dark. Cut flour in slices and knead again. Grease pan and put ‘em in to rise again for another 30 minute. After it rises you cut em up. ‘Den bake it for 45 minutes in a big pan – 10 breads can fit. Cook on 350. When it gets brown all over, when bread browns, turn it down, or “let it so it don’t just cook on the outside. She said *johnny cake* and *coconut bread* are similar, but that *johnny cake* doesn’t have yeast while coconut bread does.

**vocab:** blanquita; coconut milk; clover brand; hand; johnny cake; soak; “tin it in.”

**COXEN HOLE (#29 – #33)****#29 Stew Fish**

By: Delsie Mangia

fish	black peppa
flour	<i>sweet peppa</i>
onion	tomato paste or <i>achiote</i>
<i>mutton peppa</i>	salt

Get any fish but not a bony fish an' wash 'da fish with lime, “*scorch it up*” – cut it an' salt it and put black peppa, 'den ya dip fish in flour in pot (put a lil' flour in 'da fryin' pan) an' ya fry it, fry it, more than half fried anyway. Take it out an' put teaspoon full of flour in frying pan an' when that is brown you put wata enough an' put fish back in an' put ingredients in (*mutton peppa*, *sweet peppa*, black peppa, onion, garlic, and salt). Make it boil an' cook for 15-20 minutes. put tomato paste or *achiote* if you want. You can put paste in any one of 'em (the recipes). Her stove doesn't have temperature so she watches the fire. First flour in frying pan, 'den brown, 'den put wata an' 'den put fish and vegetables.

**vocab:** *achiote*; *mutton peppa*; “*scorch it up*”; *sweet peppa*.

**#30 Minced Fish**

By: Delsie Mungia

Bony fish	garlic
<i>mutton peppa</i>	onion
<i>sweet peppa</i>	<i>achiote</i> or tomato paste
black peppa	salt

Use bony fish. When ya catch it, you stretch 'da fish. Grab head and tail of fish and stretch him, stretch him 'til ya hear 'da back snap, 'til 'da bones lay straight. Clean him, cut him, boil him. Take him out and let him cool, peel off 'da skin if ya care to, if not you just *pick it*, pick it (pick the bones out). You'll find all the bones. Put hands in it and knead it and get fine bones out of it (take out fine bones). Cook 'da same way as stew fish but without flour. Put minced fish in 'da pot wit oil, wata and ingredients (onion, black pepper, *sweet pepper*, *mutton pepper*, salt to taste). Let it cook kind of dry, don't put any sauce in 'dat. We uses *noata* (*nawta*) or *achiote* but you can use tomato paste in 'da space of 'dat. 'We uses *noata* (*nawta*) or *achiote* but you can use tomato paste in 'da space of 'dat. 'Dat makes it very nice. Cut up a lil' garlic and that'll make it delicious.

Delsie said, “(Even if) you're not gonna get the fish live, when ya get it, make it easier – grab 'da head an' 'da tail an' stretch it an' ya hear it crack, then clean, boil it and pick it.”

**vocab:** *achiote*; *mutton peppa*; *noata* (*nawta*); “*pickit*”; *sweet peppa*.



### #31 *Nacatamale*

By; Delsie Mungia

chicken	<i>mutton peppa</i>
pork	garlic
cornmeal	<i>achiote</i>
garlic	oil
<i>camino</i>	flour
black peppa	rice

Get chicken or pork and cut into small pieces, boil it with 3 or 4 big cups of water and take it out of the pot just as it boils; or as Delsie said, “boil some chicken or pork an’ have it cut up. Cook dat. Put wata (3 or 4 big cups) in ‘dat.” Take out ½ ‘da wata and put to one side, put meat aside. With the remaining wata on fire, mix in meal (get corn meal that you buy in store) like porridge, make it *tick, tick, tick*, “cook it *tick*, til’ ya can pick it up and drop it.” Mix it up good with ya *hand*. Put more oil to taste better. Add plenty grease or oil, salt, and *achiote*. Mix it wit ‘da oil an’ take it up wit ya *hand* an’ when it stick on to ya *hand* it’s made up good. ‘Den take ya uda wata/sauce from ‘da chicken (might have to reduce it or add another cup or two) an’ put in ya *camino* (powda) and plenty of garlic, plenty pepper (*sweet, mutton, black*), no onion. Boil rice and make dough. Spread dough and put rice, ‘den piece of chicken, and one spoon of *salsina* (the thick sauce or porridge with *achiote*), and you have your *nacatamales*. The layers go: *masa*, rice, chicken, and sauce or porridge that you made on top. Then you close that up. *Nacatamale* – “da more oil da betta.” *Camino* make it taste better.

**vocab:** *achiote*; *camino*; *hand*; *masa*; *mutton peppa*; *nacatamale*; *salsina*; *sweet peppa*; *tick*.

**note:** This recipe seems incomplete. *Nacatamales* are usually made with banana leaves, tied, and reheated or cooked/steamed in another pot.

### #32 *Conch Soup*

see also: #4, #11, #34

By: Delsie Mungia

conch	<i>sweet peppa</i>
flour or spaghetti	<i>achiote</i> or <i>noata</i> (or <i>nawta</i> ) or tomato paste
Irish potato	onion
black peppa	salt
<i>mutton peppa</i>	

Get conch and wash it, make it soft. Wash and pound the face of hamma, but don’t “lick it” too hard or it’ll burst up instead of being pound. Beat it til’ soft and’ cut it up an’ put it in pot and make it boil one hour or more. Put wata in pot an’ let it boil ‘til tender. Keep tasting. Put your black peppa, onion, *coconut cream* (*grate* coconut, *squeeze* it and strain it), salt, *sweet peeper*, *mutton peppa*. Knead flour and cut it tin. Put the *dumpling* in the tomato paste. Trow everything in, keep it boilin’ all ‘da time. Put a few Irish potatoes in and *achiote* if not tomato paste. She said if not *dumplings*, you can put spaghetti to *tiken*’ it. She buys conchs in market at Coxen Hole or people come to her house to sell them.

**vocab:** *achiote*; *coconut cream*; *dumplings*; *grate*, “lick it”; *mutton peppa*; *squeeze*; *sweet peppa*; *ticken*’.

### #33 *Pick Crab*

see also: #5

2 pds. crab

*mutton peppa*

garlic

black peppa

*sweet peppa*

tomato paste or *noata* (or *nawta*) or *salsina*

flour

Accents

By: Delsie Mungia

Buy 2 pounds of crag. Put oil and *coconut cream* in pot on fire. Put in ingredients – *mutton peppa*, garlic salt, pepper, tomato paste, onion, *sweet peppa*, and other vegetables. Let boil and put *dumplings* (flour) in *coconut cream*. When it boils, throw in crab. Put in *salsina* or *achiote* if you want. Delsie says same ingredients in all things on the Island. She buys her crabs at the market, in her daughter Adi’s store here in Coxen Hole. She says her secret is that she puts *Accents* sauce in everything, that makes it nice. She can buy *Accents* here in Warrens store. She puts that in everything beef, pork anything, plenty people don’t know to use ‘dat. Accents.

**vocab:** Accents, coconut cream; dumplings; mutton peppa; noata (or nawta); pick; salsina; sweet peppa.



A Creole man frying *Chicharron*. Photo by Kody Clare.

## Recipes from GUANAJA

### BONACCA (#34 – #46)

#### #34 *Sea Pie*

By: Eldora Hyde

see also: #4, #11, and #32

2 coconuts	<i>sweet peepa</i>
1 pd. of conch	onion
water	seasoning salt
1 and ½ lb. of flour	condimento
black peppa	

Grate two coconuts and squeeze milk, the richer the better. Take 1 pound of conch and pound it and it and *skaul* it. Take out "blue" water and put 'em in fresh water in pressure cooker. 'Den ya "*pressures em up*." Pressures em about 20 minutes in clean water. Put 'em in coconut on stove and make it hot. When dat get hot good, season and *tiken*' ya *coconut milk*. Roll ya flour at flat – make "*tic-tac-toe*" (in the flour to make *dumplings* and put in coconut broth) – and put ya seasoning, black pepper, salt, *condimienta*, *mutton peppa*, *sweet peppa*, onion. Cook til tender and tickin it wit a "*glass*" (a cup) of flour if you need to. Just trow it in da pot. Can add a little curry from the states if you want to. Makes 7 or 8 servings. This lady's sons get the conchs from the banks because they work on ships as *marineros* with Miskito divers.

**vocab:** condimento; glass; dumplings; marineros; mutton peppa; "pressures em up"; sea pie; skaul; squeeze; sweet peppa; ticken'.

#### #35 *Pig Feet*

By: Nancy Frederick

see also: #3

1 <i>sweet peppa</i>	garlic
1 onion	<i>Season All</i>
black peppa	<i>salsa negra</i> (Lea and Perrins or <i>Salsa Inglesa</i> )
1 <i>mutton peppa</i>	

Get 2 fresh pig's feet from the Butcher's – McClean's. Clean 'em an' cut 'em up, put 'em in boi-lin' water 'til' da feet get sticky. Put in pressure cooker to tenda it. Make 'dat oil hot, an' 'den ya put it in. Brown it and git a lil' sugar in oil. Cook pigs feet first, don't put spices in right away. Cook it til tenda and put spices in. "*All de way*" (the whole time), cook with warm water until its sticky. Boil *cassava* apart in a pot and then make salad – cut raw cabbage, vinegar, black peppa, and salt. Make a layered dish – *cassava* first, cabbage, then pig's feet, then sauce.

**vocab:** "all de way"; cassava; mutton peppa; Season All; sweet peppa; salsa negra; Salsa Inglesa.



#36 *Pine Cookies*

By: Nancy Frederick

6 *pines*  
 6 pounds of flour  
 3 pds. of sugar  
 3 sticks of margarine  
 ½ pd of *blanquita*  
 4 eggs

lil salt (¼ bag)  
 2 tablespoon vanilla (a good lot)  
 1 ting a *pet milk*  
 ½ can flour/*flour girl* (a bakin' powda)  
 1 lime

First you stew the *pine*. Peel him and grate him. Grate da lime rind. Put sugar in pan, put margarine and *blanquita*, egg, salt and vanilla. Then "*rub it up*" (make a dough) rub it till get fine. Put pine juice in (take out from stewing, but strain it), strain pine juice and then put in, keep addin flour (½ cup flour) and mix it up. Use spoon while mixing. After mix good, put baking powda, and then *pet milk* (evaporated, any brand). Put in rest of flour, but don't make it too hard and don't make it too soft.

Always use spoon with flour. Put flour on using spoon and ya harden it up on table and flatten out with rolling pin and cookie cutter. Cut em (the dough) up round. Grease pan and make cookies round. Put piece or 1 tablespoon of stewed pine in the middle of two round pieces of the dough and press down sides of round dough to seal it and make design. Bake at 350 til golden brown.

To stew pine -on top of stove put tablespoon of vanilla, sugar, and *pine* til get brown. Make it hot, keep cookin it til it get brown. The secret is to mix it or stir it clockwise with a spoon. That's the secret and if you mix it with mixer or beat it any which way the cookies are gonna be too hard. Don't tell nobody dat. People sell Pine cookies for 4 lempa a piece. They are expensive to make. Nancy's family used to make for sale but it got too expensive.

**vocab:** *blanquita*; flour girl; pine; pet milk; "rub it up."



Pejibaye or in English it's called peach palm fruit.  
 Photo by Kody Clare.

### #37 Coconut Dinner

By Agnes Dixon

see also: #1

2 coconuts

flour

meant (*salt meat* or *corn meat* or regular cow meat

fish (*salt fish* or *corn fish* or regular fish, like Red Snapper, Grouper

*breadkind*

*black peppa*

salt

garlic

*mutton peppa*

*sweet peppa*

onion

Get 2 coconuts, *grate 'em and squeeze 'em* with water. Put *coconut milk* on fire and simmer. Mix ½ cup of flour and *'tiken*. Let boil. Peel bananas and *cassava* and *green plantain* and put it in. Or you can peel any *breadkind* (*cassava*, sweet potato, *Malanga*, yam, but don't put ripe plantain or banana cause it makes it too sweet) and put it in. Get fish and clean it and "*scorch it up*" with seasoning – put black peppa, onion, salt, and garlic to season fish. You can stuff it with all the "*new stuff*" – *sweet pepper* is modern, so is *Accents* or seasoned salt. Tenderize ya meat. Put meat and fish on top so don't burn and put all the *breadkind* on bottom, except for *breadfruit* – it can't stand the heat. Put in onion, garlic, black pepper. Pt it all in 'da coconut dinner. Cover pot and boil 'til fish, meat, and *breadkind* cooked. "just like *tapado*, put fish and meat together if you want, meat and fish taste good together."

You can also use *salt meat* or *corn meat*: *Salt meat* is meat that you "put down" for 5 or 6 days to pickle. Take it out and wash it, *skaul* (or boil) it 'til salt is gone. When *skaul salt meat* trow water out. *Corn meat* is salted meat. For *salt fish* or *corn fish* – hang it on stick 1 or 2 days when you have *corn fish*. When you buy fish and meat salted, you wash it and *skaul* it to get salt off; if not, you season it and salt it first.

Agnes gets red snapper and grouper in deep water. These are "*deep water fish*" that she can get any time. They come from *Campeche*, a bank in the deep water. Mostly da mens go at night and come back in the morning. Campech is towards the Miskito Coast or *Waika Coast*.

**vocab:** breadkind; breadfruit; Campeche; corn fish; corn meat; deep water fish"; grate em; green; Malanga; mutton peppa; "new stuff"; plantain; skaul; "scorch em up"; squeeze em; sweet peppa; tapado; Waika Coast

#38 Steamed *Old Wife* (or Steamed Red Snapper)

By: Agnes Dixon

*old wife* or red snapper  
lime  
oil  
onion

*sweet peppa*  
garlic  
season salt

Get ‘da old wife fish. They calls him old wife because she has hard teeth or old teeth. She look dark with a streak a blue or yellow or brown and the tails long. You get old wife fish at the west end of Bonacca. You can find him in the sea. Taste good. Pull skin off of him. Clean em wit lime, cut em up, and put *scorches* in em with all de seasonings. ‘Cut em in 3 and *scorch* wit sesonings – onion, sweet pepper, garlic, seasoned salt in pot with water. Cover fish with oil for 15 minutes. Put em in pot with seasonings and a lil oil and steam em away. Boil *green* bananas and make rice. “*Breadfruit* is also nice with this.” Steam *breadfruit* or *mazapan* and serve with old wife or red snapper. Miss Agnes said that they call breadfruit *jackfruit* in the Caymans. Serve ya plate wit boiled *green* bananas or *breadfruit*, steamed old wife and rice.

**vocab:** breadfruit; green; jackfruit; mazapan; Old Wife; scorches or scorch em; sweet peppa.

**note:** They say they catch bony fish in schools along the beach in Bonacca – “they goes like in a school mostly along beach.”

## #39 Pumpkin Cake

By: Agnes Dixon

5-8 lbs. pumpkin (or *ayote*)  
flour  
salt  
sugar (3 lbs.)

cinnamon  
coconuts  
1 stick of margarine

Boil da’ pumkin. Some peoples peels it, but my mudda neva used to peels it. “*Chalk it up* in lil pieces like dat and take da gut out it”; cut pumkin in 4 x 4 inch pieces (chop it up) and take out the seeds and gooey insides. Put it in pot of water to boil, then throw out da water. Let pumkin cool, take a spoon and scrape it out, put in pot again and take masher and mash pumkin. Add flour and ground cinnamon (pound cinnamon real fine with hammer in cloth – *blue jean* ‘dis cloth is good cause it tik). Pound ‘til get fine. Add 1 stick of margarine or 1 and ½ depending on size of pumkin. “In dose days, neva used to use no pet cream.” Dey used 3 coconuts and put water and squeeze it. Den dey let it become cream. Mix dat creme in da pumkin cake, add sugar (3 pounds of sugar if pumpin is 5-8 lbs) add more if not sweet enough. Add dash of salt or whatever. Mix all that up, take spoon and lift it up to see howit is. Get bakin pan and grease it well and pour cake in. Get some of the coconut cream and put it over entire cake – and sprinkle sugar over it. Put in at 350 degree with gas stove until it “well brown” or “til it done cook.”

**vocab:** ayote; blue jean; “chalk it up”: coconut cream; “gut”; pet cream (pet milk); tick.



#### #40 *Breadfruit cake*

By: Agnes Dixon

<i>breadfruit</i>	cinnamon
flour	coconuts
salt	1 stick margarine
sugar (3 lbs.)	

*Breadfruit* cake is da same as pumkin (#39). Ya gotta boil him too. Peel him and mash ‘da *breadfruit* til he fine. Same like boilin pumkin and then “*pour off ‘da water*,” just like pumkin, peel *breadfruit*, boil and mash it. Add flour and ground cinnamon (pound cinnamon real fine with hammer in cloth – *blue jean* cloth is good cause it tik). Pound ‘til get fine. Add 1 stick of margarine or 1 and ½ depending on size of *breadfruits* used. Dey used 3 coconuts and put water and *squeeze* it. Den let it become cream. Mix dat creme in da *breadfruit*, add sugar (3 pounds of sugar if they weigh 5-8 lbs) add more if not sweet enough. Add dash of salt or whatever. Mix all that up, take spoon and lift it up to see how *tick* it is. Get bakin pan and grease it well and pour cake in. Get some of the coconut cream and put it over entire cake – and sprinkle sugar over it. Put in at 350 degree with gas stove until it “well brown” or “til it done cook.”

**vocab:** blue jean; breadfruit; “pour off da water”; squeeze; tick.

#### #41 *Coco Cake (or Cho-Cho)*

By: Agnes Dixon

5 lbs. of <i>Coco</i> (or <i>cho-cho</i> )	coconuts
3 pds. of sugar	flour
cinnamon	vanilla
salt	dash of salt

Peel and grate him, and den he just like da *breadfruit*. But, da *coco* (a green vegetable) is very dry. Add 1 tablespoon of flour, cinnamon, margarine, sugar, vanilla (1 tablespoon or 1 and ½). Use only *coconut milk*, no *pet milk*. “In old days, no can milk, *coco* cake carry more than cream, ya gotta get the real coconut milk.” Make it *tin* but not too much. Mix it up. Grease da pan and put it in. Take a lil bit a sugar and sprinkle sugar on top of cake.

**vocab:** breadfruit; coco or cho-cho; coconut milk; pet milk; tin.



Traditional clay oven or *fogon*.

**#42 Icing**

see also: #65

By: Agnes Dixon

1 can condensed milk

dash salt

 $\frac{1}{2}$  teaspoon vanilla

Get 1 can of unopened condensed milk (pet milk would blow up) and cook 40-45 minute in pressure cooker covered with water. Be sure dat da can is covered right ova wit water. Boil for 40 or 45 minutes, either one. “Afta’ I take him out and he cool and I open wit can opener, I digs him out in a bowl. I adds a dash salt, and  $\frac{1}{2}$  teaspoon vanilla in it and I blends it with da mixer, and dat’s it. I puts it on ‘da cake. Put it creamy and smooth, no lumps. Use pressure cooker and put whole can in and cover over with water. Miss Agnes said, “Some people maybe don’t want it too brown...they just boil it 40 minutes, if they want it deeper brown, they boil it ‘dem 45 minutes....But da day last I went and browns mine too deep by gain’ out, went and leave it and browns it too deep...For Christmas it went for 45 minutes, for Christmas I had a dark brown cake... It was still good.”

**vocab:** pet milk.

Artisanal bread baking by Garifuna women. Photo by Peter Herlihy.

### #43 Corn Cake from de *Old Time*

By: Agnes Dixon

also see: #46

6 corn on the *hogs*

cinnamon

3 coconuts

margarine

sugar

From de “*old time*.” Today we make with corn meal from the states but in de old times we used com on de “*hog*” (corn on the cob). Ya need 6 big corn on the *hogs* and boil water and set ya corns in da pot and cova dem over water. Lay corns down to boil at around 5:00. Let em soak over night, cover with water and leave til morning. Take em out da pot and put em in another one and den stand em up to drain. Lay em down to boil and stand em up to dry. While da corn draining in da other pot, cover with cloth all the time. Put down another cloth on table and grate corn hots 1 by 1 to make cornmeal. Take em 1 by 1 out to *grate* so they don’t get dry. “*Age em up*” – stand up right to drain water out of it but keep covered with cloth and “keep em graten one by one” to get the corn meal.

Then take 3 coconuts, *squeeze* da milk in, then put cinnamon, sugar and margarine and let dat boil. Take corn meal and get it wet it right trew wit water, enough so it can pour. Take pot spoon and keep “*storying*” (stirring) dat, til dat come cook, til it look like porridge. Grease pan wit a little margarine and put in baking pan, put a lil coconut cream and sprinkle sugar over entire cake. Leave it til it gets a lil cool, til it get cool enough to shove it in da stove to bake, but in dose days, dey didn’t have no gas stove nieder. In de old days, they had “oven pots.” Dey only used to bake their cakes in oven pots. Dey put cake in a big pot and greased it. The fore is out in da yard and the stove is dried sticks. Make a fire out in da yard and make plenty of coals. Da pot had a “*cova*.” Dey put coals with good blaze, dat were live and good, onto da *cova*. Put coals on top of cova and bottom to cook da top and da bottom. Dey put coals on bottom and top and let dat corn cake brown, man it browns so beautiful. When it browns, dey eat it Christmas morning. That’s a special cake. Or dey eat it on another special day.

Miss Agnes recalled: “In my mudda’s days, der was no cake mix....it was *cassava* cake, coconut cake, rice cake, corn cake, sweet potato (*camote*) cake, pumkin (*ayote*) cake, *breadfruit* cake. Oat’s all dey used to make in da old days, dere as.no cake mix cake. My mudda used to make ripe banana cake (ripe banana bread is light; ripe banana cake is heavy) but she neva’ used to make *chata* cake.”

To make corn meal: Leave leaves on top of corn on the hog when boiling. Leave soakin in water til morning. Take out of 1 pot and drain. Then put in another pot, cover with cloth and put pot cover. Take 1 by 1 out and grate it. After you grate it it becomes corn meal.

**vocab:** “age ‘em up”; *chata*; *camote*; *cassav*; coconut cream; *cova*; corn on ‘de hog; *grate*; “old time”; oven pot; *storying* (stirring); *squeeze*.



*Tapado* with seafood.  
Photo by Kody Clare.



**#44 Rice Cake**

By: Agnes Dixon

see also: #52

1 and ½ lbs. rice  
 2 small packets of raisins  
 1 stick margarine  
 2 teaspoons ground cinnamon  
 2 tablespoons vanilla

1 small can of *pet's milk*  
 1 small can of “*leche ley de*” (or leche lady)  
 2 pds sugar  
 salt to taste

“Pick da rice” and wash it clean and good and boil it. When it becomes soft after it cooked, I takes it out hot out the pot in dish pan and take masher and mash it up good, and adds my sugar, ground cinnamon, margareen, vanilla, and den I pour a small can a *pet milk* and one small “*leche le dey*.” Dat’s ‘da milk dey sells in Ceilba about der. If you don’t get cha “*leche ley de*,” ya put ya two tin a *pet milk*. Add salt to taste. Mix that all up good. And dat der rice is not too hot –grease pan with margareen, pour cake out in bakin pan, take a little bit milk and smooth it all ova cake. Shove it in oven an let it stay til it is well brown and take it out. Bake at 350 degrees.

**vocab:** “leche ley de; pet’s milk; pick.

**#45 Conch Balls (or Conch Fritters)**

By: Cheryl Haylock

3-5 lbs. conchs  
 onion  
*sweet peppa*  
 celery salt

*season all*  
 flour  
 curry

Grind da conch and frind da onion, *sweet peppa* and season it to taste. Use *season all* and celery salt. But not too much salt. Conch don’t take a lot of salt. Put a little flour to make it stick, not a lot of flour, just to make it stick together. Make patties and you fry it deep fry. Just one little trick why mine always come out different – when seasoning and making patty, sprinkle a little curry in it. Keep it dry though, don’t put gravy in conch when it deep fry. Some people put tomato or brown sauce and let em simmer in it, but I don’t. I like it dry. I used to make these for Callejas when he was President. He used to come here and eat at my house, his wife loves ‘em.

**vocab:** conch fritters; season all; sweet peppa.

## #46 Corn Rice Drink

By Sheryl Haylock

1 big can corn meal or corn starch of 5-6 lbs. corn on de cob  
coconuts  
1 can evaporated milk  
vanilla  
sugar  
salt  
cinnamon (optional)

Buy a big can of *Hominy* that they sell at store. Hominy is a big can of dried corn all clean. Open it, boil it with coconut milk to make it richer, ticken it wit corn starch. And put a can of evaporated milk to make it *tick*. *Ticken* the *coconut milk* with corn starch, milk, vanilla, sugar, lil salt, and cinnamon if you want. It's called corn rice drink but it doesn't have rice in it. You can't buy *Hominy* here so do it old days way-boil corn til skin comes off. 5-6 lbs. is what you'd need...“*it swells*” i.e makes a lot. We used to boil it wit baking soda to clean it. Boil it for a long time, til tender, it just leaves meat. Den ya keep washin it wit ya hands and it comes clean. Corn meat is the kernal inside without skin. To make corn in da “*old days*,” boil it til da skin comes off and just leaves the meat, it's dry corn it takes time. Ya can't buy hominy here, buy it in the states. Put bakin soda in boilin water for long time, clean skins off and leaves meat. Throw out water, keep washin it with *hands*, its tender and soft and then it comes of with your hands, only meat you use, don't use skin. throw skin away. “Dese people in Guanaja calls it corn rice, but I don't know where that comes from, cause no rice, just corn.”

**vocab:** coconut milk; hands; Hominy; “old days”; (it) swells.



Garifuna cassava bread prepared on comal or metal pan over a fire hearth. Photo by Peter Herlihy.

## Recipes from UTILA

### *EAST BAY (#47 – #71)*

#### #47 Stew *Wilks*

By: Delaney Jansen

<i>wilks</i>	flour
garlic	black pepper
onion	salt
bell or <i>sweet pepper</i>	oil
coconuts	

“*Wilks*” are like snails that sticks on the rocks on the reefs. Local boys and boys from the mainland (Miskito) get them and sell them. Before *wilks* were plentiful and cheap, but now there are not many. They (the boys) come to your house and sell them for 25 lemps/lb. At the keys (Pigeon key and Sue-Sue key) they’re better. If the *wilks* come from real close to the keys, they are better. Boil the *wilks* ‘til you see then comin’ out of their shell. Take them out of the shell and take the “*stripe*” (the gut off) and ya wash dem and grind dem. When you grind *wilks*, grind garlic, onion, bell peppers at the same time. Boil *coconut milk* and throw the *wilks* in. Blend the *wilks*, *coconut milk*, and spices together. Put on fire for 10-15 minutes (because the *wilks* were already boiled once). Put salt and black pepper in. Then make ya “*sea pies*” – flour, pinch of salt, and water. *Sea pies* are little bread texture pieces. Then put *grease* (oil) on top of it. Cover over a few minutes, and roll out thin like paper and cut in strips about 1 inch wide. Put *sea pie* on top of *wilks*. Cook 2 or 3 or 4 minutes, not too long to cook *sea pies* on top of *wilks*. If don’t like *sea pie*, don’t put it.

**vocab:** coconut milk; grease; sea pie; stripe; *wilks*.

#### #48 Fish *Caldo*

By: Delaney Jansen

any kind of fish or conch  
 coconut milk  
*breadkind* (*yucca*, *breadfruit*, *plantain*, bananas, sweet potatoes)  
 black pepper  
 onion  
*mutton pepper*

Boil a pot of *coconut milk* and *yucca* (*cassava*, do this first cause harder), *breadfruit*, *plantains*, bananas, sweet potatoes, and then throw in rest – fish, pepper, onion, *mutton pepper*. Then you *ticken* it – put flour in and “*cover over*.” Make some flour *dumplings* with it, they are delicious with it. Add that to *ticken* it, cook 5-7 minutes at end. If you do it with conch, pound til *tin*, make it tender and throw him in *coconut milk* and “*season ‘dem up*.” With Fish *clado* or the conch, use “*nawta*” or achiote.

**vocab:** achiote; breadfruit; caldo; cassava; coconut milk; cover over; dumplings; plantains; mutton pepper; *nawta*; season dem up; *ticken*; *yucca*.



**#49 Barracuda Fish Cakes**

By: Delaney Jansen

see also: #9

barracuda, (or use ground jaick, kingfish, or wahu)

1 egg

1 onion

1 *sweet pepper*

½ cup mustard (or less, any kind of mustard I can get my hands on)

1 *mutton pepper*

flour

1 potato

pinch salt

Take any kind of fish- ground jaick, kingfish, barracuda, or wahu. Boil it, let cool and pick bones out, just boil it and pick it out or boil filet (with no bones). Peel potato and boil it with fish. You can also put potato in with skin on, but potato and fish always cook at same time. When fish is tender, “*trow water off*” and mash potato and fish together. Throw in pinch of salt, mustard (½ cup), cut onion, *sweet pepper*, and *mutton pepper*. Cut up onion and peppers small. If you have a food processor, use it. Put in your egg last, mix all together. Get a good frying pan (skillet) and heat oil. Fold ingredients into small pieces and make them round or oval shaped. Sprinkle flour on both sides and fry them in oil. They sell barracuda cakes in Pigeon key.

**vocab:** mutton pepper; sweet pepper; “trow water off.”

**#50 Delaney’s No-Name Corny Cake**

By Delaney Jansen

see also: #43

1 can of cream corn

1 can of whole corn

1 stick butter

1 cup of corn meal

1 cup milk

3 tablespoons of sugar

pinch of salt

Take sugar and butter “*cream it up*” together (doesn’t have to be creamed just mixed) and throw in everything else. Throw it in a lil pan, a 5 inch pan I guess and cook it in oven on 350 for 1 hour (or maybe less) til light golden brown. This cake is good with your dinner. “You gonna lov dat, you need to try it.”

**vocab:** “cream it up.”

**#51 Spaghetti Dinner**

By: Delaney Jansen

1 lb spaghetti  
bell or *sweet pepper*  
onion  
garlic

lil salt  
3 tablespoon of sugar  
cheese (mozzarella, yellow, or parmesan)  
1 big tomato paste

To make the Spaghetti, boil it with salt and not too soft, throw it on wall to stick. Her sauce has a lot of bell peppers, onion, and some garlic, lil salt, and her secret is sugar in sauce, it kills the sourness in tomato sauce, and you won't get heartburn. Use 3 tablespoons of sugar per big pack of tomato paste. Use mozzarella, yellow cheese, or parmesan, anyone of them. Delaney said: “The tourists love my spaghetti...I had one guy on a sail boat, he was sailin around da world..he came every day to eat spaghetti..he said, “I’ve been travellin all ova, but I can’t find spaghetti like yours, you cook da best spaghetti.””

**vocab:** sweet pepper.

**#52 Spaghetti Puddin (or Rice Puddin)**

By: Delaney Jansen

1 lb. spaghetti  
2 pinches of salt  
milk)  
½ stick butter  
1 cup sugar

5 or 6 eggs  
1 pint of evaporated milk (“*leche ley de*” or pet  
1 teaspoon vanilla

Boil ya spaghetti with a pinch of salt. Cook spaghetti and strain it. Use cold water over it to take the starch off. Throw it in a pan with butter, 1 cup of sugar (depends on you), pinch of salt, eggs, vanilla, and milk (maybe more than 1 pint) – use evaporated milk like “*leche ley de*” or *pet milk*. Mix it all up in pan and bake it on 375 for ‘bout an hour til golden brown. She says this is the same recipe for rice pudding, but you boil your rice til its soft. Test it first to make sure its done, and also put a little bit more salt in the rice pudding than in the spaghetti pudding. If your rice pudding isn’t browning after cooing it, set it right down on the broiler for 2 or 3 seconds so it’ll brown but not get too dry.

**vocab:** “leche le de”; pet milk.



Fishing boat, Utila. Photo by Michael Bagby.

### #53 War Cake

By: Delaney Jansen

4 cups sugar  
1pd butter  
½ cup *shortening*, *lard* or Crisco  
7 cups flour  
2 eggs

pinch of salt  
1 cup of chocolate  
2 teaspoons soda  
2 cups of milk (or 2 pints)

"*Cream up*" eggs, sugar, shortening together and ya lil salt. Put in a cup of chocolate. A lil' plastic bag of Hershey's costs 42 lemps, but if you need more than 1 cup, der even making some here in Honduras, its cheaper stuff that's no so blaick for 10 lemps a baig. Put in ya soda and 1 cu of "*cruddle*" milk. *Squeeze* lemon in a cup of milk, when its spoilt, it gets "*cruddled*." When ya creaming it – throw cruddle milk right in it (or you can use another pint of milke and put cruddle in later), throw in 7 cups of flour and throw all other milks in that. Just beat it up good, use cake mixer if you have it. That would make you two 9 inch pan cakes. Bake at 375 for 1 hour or could be less time for a chocolate cake. "I shovel a knife down in da caik and if nothing comes out on it, it's done."

**vocab:** "cream up"; cruddle milk; squeeze; War cake.

### #54 Fudge Icing

By: Delaney Jansen

1 lb. sugar or 2 cups  
3 tablespoons chocolate  
1/3 cup *pet's milk*  
cup of water

pinch sale  
½ stick of butter  
1 tablespoon vanilla

Mix together sugar, chocolate and *pet's milk*. Cook it or boil it or whatever til it gets tick. Put in lil cup of water, drop a lil bit down and if it turns into a ball, take it off. Beat ½ stick of butter in it and add pinch of salt and tablespoon of vanilla, keep beaten it, let cool and before its too had, put on *War* cake.

**vocab:** pet's milk; War cake.



Mangos. Photo by Kody Clare.



**#55 Beans and Rice Dinner with Meat and Breadkind**

By: Betsy Williams

beans	salt
rice	breadkind ( <i>green plantain</i> or Irish potato)
onion	ham or chicken or beef
flour	tomato paste or barbecue sauce
oil (coconut or <i>fabla</i> )	

Well, how I does my beans and rice up? I pressures my beans and rice with water, about 3 or 4 cups of water, or a “½ mug” a water. I pressures dem til dey get soft soft and I season em wit my onion. I fry my onion in a lil oil, an den I brown my flour in oil afta I take my onion out. Den I dump my flour in my beans and den I “*story*” (stir) dem, den I put my black peppa, my salt, and if ya got season salt (*Accent*), I put some of dat in it, and a pinch a sugar (about spoon or spoon and a half). Den, we wash and fry our rice, we fry it wit da oil (ail), put da ail in da pot and wash rice. Dump it in and stir rice til it comes cook and I tink put about 3 cups (or 2 and ½) of water to a pound of rice. Let dat bail til da water comes right out, ‘til it dry dry. Ya gotta keep ta feelin ya bains (beans) til der cooked. When ya feel em cook soft den der cooked. An dats how we do our rice and beans. If we got *coconut oil*, dats what we fry our beans wit or dis oil we buys in da shop – we fries it wit da *fabla*. We put da oil in da frying pan and fry da onion and den put da beans in. You fry da onion before ya put it wit da beans. We fry coconut wit da rice too, but usually around here we don’t get the *coconut oil*. We usually use *fabla* – oil out de shop.

**vocab:** Accents; breadkind; cabbage slop; coconut oil; fabla; mug.

**#56 Cabbage Slop or Cabbage Slaw**

By: Betsy Williams

cabbage  
raisins  
mayonnaise  
milk

We grates our cabbage and puts a lil salt ova da cabbage. Mix in mayonnaise up with a lil milk and we pour dat ova da cabbage and put some raisins in it. Milk from shop or *pet’s milk*. ya can stir dat up an ting. Put enough mayonnaise dat it bees moist, ya know? We usually make dat around here plenty.

**vocab:** pet’s milk.

## #57 potato salad

By: Betsy Williams

potatoes	onion
vinegar	<i>sweet peppa</i>
mayonnaise	black peppa
mustard	

We make da potato salad. We boil our potatoes whole with skin an all. An we get em an we cut em up small. Mix da mayonnaise and da milk da same way. We cut da onion and sweet pepper up, and let dat *steep* our oil wit a little black peppa into da vinegar. And we cut it up small and put it in da bowl. An throew ya vinegar and mayonnaise ova ya potatoes and mix up dat and dat's what we call ya potato salad.

**vocab:** steep; sweet peppa.

## #58 Arroz con Pollo (rice and chicken) and Potato Salad Dinner see also #57

By: Miss Orna

rice	oil
chicken	salt
Lea and Perrins	peppa
1 can of green peas or canned carrots	

I cooks my chicken foist, browns it beautiful and afta I sees 'dat it's cooked good, I put my rice into 'dat and fry it a lil bit, wit all kinds a different seasoning (like da "lean an' Perrins salts" and a can a green pease, or a can of mixed in vegetables). Da arroz con pollo ya cova it over and cook fast. It's not a hard pot to cook, very easy. Ya can put any kind of vegetables, carrots, green peas, anything, and ya put 'dat brown 'ting, ya know 'dat colors it brown, da "*salsa negra*" (Leean an' Perrins) gives it 'da color.

serve with Potato Salad:

potato	mayonnaise
onion	" <i>leche le de</i> "
<i>sweet peppa</i>	mustard

If you want a potato salad wit dat, ya can put a potato salad. Dt goes with mayonnaise, mustard, *steep* onion, *sweet peppa* and den ya put a lil milk in it and den ya mix it around. We have pet's milk ar if ya got da lady. Ya just don't put it too waterish ya know, cause if ya don't put it too waterish, its no good. Ya put it in ya *coola*.

**vocab:** coola; da' "ley de" ("leche le de"); salsa negra; steep; sweet peppa.

#59 *Tomal*

By: Miss Orna

beef or pork	corn meal
onion	butter
<i>sweet pepper</i>	oil

I gets all a my seasons, and I fries da piece a meat, onion, bell pepper an puts it m da water. (She says some people grate the coconut and put it in but she says this sours it quick so she doesn't deal wit it). I just puts it in a lil water an be sure da water's boilin before ya dump it in. Ya mix 'dat up foist into a pan, mix with ya *hand* so ya beats the lumps out of corn. Get ya pot ready wit 'da boilin' water, and ya gotta put *achiote* or what we call *noata* and ya keep *storying* dat and *storying* 'dat. Don't not leave it or it either gonna get stick or one big lump. When dat start "plup, plup" (a sound) ya know its cooked. Put it in a cake pan or flat pan and put it in cooler, gotta be hard, so ya don't put too much water. Put ya seasoning and fry it in a lil butta and a lil oil, a lil green pepper, onion, and ya meat, and dump 'dat in ya boilin' wata, when 'da wata start boil dump in *masa* or corn, ya get a spoon and ya keep *storying* it, and *storying* it. And if you can slow down fast fire, it betta. Dat's *tomal* – a pan of corn. Ya put it in da pan and ya make it cold like a cake. We cuts dat up like a cake. Serve dat wit baked meat, macaroni and cheese, yellow rice and wit green peas. Dat's how dat goes wit.

**vocab:** achiote; hand; masa, “storying it” (stirring); tomal; sweet or bell peppa.

#60 *Meat Stew (Meat and Vegetable Soup)*

By: Miss Orna

beef	1 can yellow corn
potato	1 can green peas
carrot	Lea an Perrins
<i>pasatillo</i>	salt
<i>yucca</i>	pepper
cabbage	tomato paste

Boil meat in water 'til tenda, tenda, tenda. Put all ya potato, carrot, “*pasatillo*” and if ya got yucca, ya put dat. Ya put some paste to color it, ya can't leave it white. Boil it all, put cabbage in and turn stove on and off and get a deep plate. A soup is a fast 'ting to make – it “*easy*.” You can use seasons to season ya meat up foist (lie Leanan an Perrins). She says it's a stew but we call it soup. Any kind of vegetable dat you can tink about can go into dat. It something like a stew but we call it a soup. Put *breadkind* in after da meat is tender. And if ya don't want to buy vegetables off da “*counta*” you can buy out da shop. Use vegetables from a tin can and dump em in – green peas or yellow corn.

**vocab:** breadkind, counta; easy; pasatillo.



## #61 Breadfruit Salad

By: Miss Orna

<i>breadfruit</i>	mustard
onion	pet's milk
sweet pepper	carrots
mayonnaise	green peas

*Breadfruit* salad (*mazapan* in Spanish) is like potato salad. *Mazapan* salad is a very good salad. Put same tings in bote. But with the potato you peel it, cut it, and boil it. With the *breadfruit*, you peel it cut it and steam it with a til water. After it cools, then put ya mayonnaise, mustard and pet's milk all mixed together. “*Steep ya*” onion and *sweet pepper* together and mix dat in. Then put ya can of vegetables (carrots or green peas). Remember to just put a little spoon of mustard, but ya put more mayonnaise into the salad. And always use more mayonnaise than ya do wit da potato salad. Don't put too much mustard in nothin. Da mustard's sour. *Breadfruit* soaks up more mayonnaise. Get da best mayonnaise – Kraft Mayo.

**vocab:** breadfruit; mazapan; steep; sweet peppa.

## #62 Green Salad with Thousand Island Dressing

By: Miss Orna

lettuce	mayonnaise
onion	vinegar
bell pepper	sugar
tomato	peppa
ketchup	

Wash ya lettuce. Cut up vegetables and slice tomato. Make your dressing with the remaining ingredients—ketchup, mayonnaise and vinegar, sugar and peppa.

## #63 Delaney's Luncheon Cake

By: Delaney Jansen

1 lb of nuts	4 cups of sugar
1 lb raisins	1 lb butter
1 lb prunes	½ c of <i>shortening</i>
<i>cloves</i>	1 pint milk
nutmeg	1 pint water
<i>allspice</i>	7 cups of flour
cinnamon	3 teaspoons of soda

Put all ingredients and the spices in a pot (except flour and soda) and boil for ½ hour. Leave it to cool. Mix in flour and soda and bake in fruitcake pan with a whole in the middle. This is enough to make one big cake and one little one. She fills on fruit cake pan high and the other lower. You can also use a long pan if you want. Grease pan for cake and put flour all over greased pan. She also uses Pam spray and uses knife test. You cook it for 1 hour and ½ on 300, a slow fire, sometimes you “*soak it.*” She says the trick is in the amount of *shortening* that you put in it – 1 lb. of butter. ½ cup Crisco – so it won't come out dry. Milk also makes cakes better (like *war* cake) – use milk instead of water. She puts milk in caramel cake too and its beautiful.

**vocab:** allspice; cloves; shortening; “soak it.”

**#64 Caramel Cake**

By: Delaney Jansen

4 cups sugar	1 pint milk (depends on batter)
2 eggs	7 cups flour
1lb. butter	7 teaspoons baking powda
½ cup <i>shortening</i> (or <i>lard</i> or Crisco)	pinch salt
teaspoon vanilla	

Put ½ cup of sugar in frying pan and brown it til golden and throw in ½ cup of water after brown. Throw it in creamy butter mix and “*cream it up*” together. Put a pinch of salt and pour in vanilla. Delaney said, “could be teaspoon, I don’t care.” Add flour, baking powda, milk. Cream it light. Grease pan, grease em good and den you flour em. Bake it at 300 or 375, cook til brown. When it’s browning too fast, turn stove down. She has to do the knife test cause she has a crazy stove. “My stove gives me a hard time.” So, she thinks around 375. Delaney said, “I cream all my cakes light.”

**vocab:** “cream it up,” lard; shortening.

**#65 Caramel Icing**

By: Delaney Jansen

see also: #42

2 cups of flour	½ stick budda
1 lb. of sugar	pinch of salt
½ can evaporated milk, <i>pet’s milk</i> , or <i>Milex</i>	teaspoon vanilla

1 hour to boil whole can is too long, so use a ½ can of evaporated milk (don’t use “*le de*” *leche* in icing, only in batter). If not pet milk, use a powda milk like *Milex* – I loves dat for icing. Mix in budda, milk, vanilla, flour and sugar to boil. Let cool and spread on caramel cake.

**vocab:** “Ley de” lche; Milex; pet’s milk.

**#66 Another Icing for Caramel Cake**

By: Delaney Jansen

see also #42

1 can condensed milk  
1 tablespoon budda  
pinch salt  
teaspoon vanilla

For the best icing for caramel cake, use condensed milk. Boil for an hour in an ordinary pot or unopened in pressure cooker for ½ hour covered with water. Wait till it cools, open with a can opener, and throw it out in da bowl with butta, salt, and vanilla. Mix together and put it over caramel cake. You got a perfect cake.

## #67 *Breadfruit and Meat*

By: Delaney Jansen

*breadfruit*  
beef  
salt  
seasoning salt

Cut *breadfruit* one or two inches thick. Put it over meat and steam it and put gravy of meat on top (steam it "*covered over*"). Or fry it cut up in slices, or put in oven with season salt and brown it on both sides til it's light golden brown. Serve with sauce that comes off of meat. But, for *breadfruit* cake, must be ripe.

**vocab:** breadfruit; "covered over."

## #68 *Cinnamon Rolls*

By: Eva Banks Whitefield

¼ cup Sugar	½ cup shortening
cinnamon	7 cups flour
4-5 teaspoons yeast	lil salt

Mix sugar and cinnamon together. Make dough and knead a little butter in dough. Roll it out flat. Then paste sugar and cinnamon on dough (well, I done got my budda on dat piece a dough). Afta dat I roll it right up. Roll it up and cut into pieces. Heat stove. Use muffin pans and let dough rise and den I bake er. Take ya lil sugar left and pour hot water into that. When it comes out of oven dat ya bake up, dip em in the sweet water glaze – hot water, sugar, cinnamon, butter. Put hot water in glaze til it melt da butta. Dip em into that. Keeps em moist and good. Yeah, 'dats da cinnamon roll. The Mermaid Restaurant buys Eva's cinnamon rolls.

## #69 *Johnny Cake*

By: Eva Banks Whitefield

1 cup flour	1 cup <i>shortening</i>
1 teaspoon baking powda	<i>coconut milk</i> or regular milk
7 cups of four	pinch salt

Mix flour, baking powda, flour, and *shortening*. Dat a make ya a good lot of *johnny cake*. Make da dough up and bring it together. You need milk but I don't know how much to tell you. But don't mix in too tik, not too hard. Just a pinch of salt. Mostly we make it with coconut milk or sometimes regular milk today. Sometimes its hard to get a coconut today. Mix it with ya *hand*. Use hand and roll it out and cut into pieces. Den ya put em and lays em in da pan. Bake at 300 degrees in a good hot stove – dat's important. Doesn't take long to cook. Cook til brown...depends how long...when brown on bottom, dey mostly ready. Browns quick. Da tourists, dey loves em. Eva used to have a bakery.

**vocab:** coconut milk; hand; johnny cake; shortening.



## #70 Buns

By: Eva Banks Whitefield

10 cups of flour  
 2 ¼ cups sugar  
 9 or 10 spoons yeast  
 1 pinch of salt

nutmeg or cinnamon  
 1 cup of *shortening* or *lard*  
 warm *coconut milk* or warm regular milk

Mix 2 cups flour and warm milk, and yeast. Mix it up like a paste. Knead it up wit milk and ya won't have no problem wit da risen up of ya stuff. It's better dan just throwin ya dry yeast in with ya flour. Let it sit or “leave it” for 2 minutes. Throw rest of flour in that and knead it up – kneading's better than throwing. Mix it with warm milk and knead it up. Make rise, shap them up, roll it up in long pieces. Make a bun, roll it up in long pieces like “*ring a round*.” Bake on 250 or 300 until brown. Remember, “no *soaking* and all like dat wit buns. Just bake it and glaze it with sugar glaze.

**vocab:** coconut milk; lard; ring a round; soaking; shortening.

#71 Frying *Chicharron* with Meal

1 pig  
*yucca*  
 cabbage

*breadfruit*  
 lime  
 seasonings

Kill pig “jig em in da neck,” or hit em in head with axe, or shoot em. Throw boiling water with ladle and clean him, get rid of hair, then hook him up and let him hang dry. Cut off skin and cut him in ½. Dogs eat the blood. Cut off ½ a *drum* (gasoline *drum*) and put oil in it and boil – hot, hot, keep adding heat and lil fat pieces of da pig. Take out boiling fat pieces of pig and put in skin. Fry *bread-kind* (*breadfruit*, *chata*, *plantain*) and serve on plate. On ya plate is *chicharron*, *breadfruit*, and salad – sliced cabbage (salted) and lime with seasonings.

**vocab:** breadkind; breadfruit; chata; chicharron; drum; lard; plantain; yucca.



Shrimp and chicken on the grill.  
 Photo by Kody Clare.

## GLOSSARY

### A

Accent – A brand name of seasoned salt from the United States.  
achiote – “nawta” (noata) in English. A spice that colors food red.  
“age em up” – to stand something upright.  
“adjust” bottle – a measurement, a small Flor de Caña bottle used to sell oil or other mixtures.  
“all de way” – the whole time.  
Allspice – ground red pepper, or pimento in Spanish.  
ayote – pumpkin or other squash.

### B

blanquita – a brand name for lard or oil.  
“blaze em up” – To make a fire burn with kerosine in order to blacken, for example, the outside of maranon nuts.  
blue jean – A thick cloth used as a strainer when “squeezing” shredded coconut.  
boil – cook well; for standard English use of boil, see skaul.  
bony fish – A type of fish used to make minced fish in the Islands.  
blow up” – bubbling with baking soda.  
breadkind – any starchy food used in soups or stews to thicken broth. Breadkinds includes cassava, sweet potato, malanga, yam, plantain, coconut, banana, chata, pumpkin, Irish potato, and breadfruit.  
breadfruit – a breadkind also known as mazapan in Spanish.  
“bring it together” – mix.  
bush cat – aguardiente or distilled rum.

### C

cabbage slop or cabbage slaw – cole slaw.  
calabaza – a pumpkin or gourd. The shell is often used as a bowl.  
caldo – a soup.  
camote – sweet potato.  
Campeche – a bank off the North coast of Honduras where deep water fish can be found.  
cassava – yuca, a breadkind.  
“chalk it up” – to cut into small pieces, 2 inches wide.  
chicha – a fermented drink made from starches such as yuca and rice.  
chata – a type of breadkind that looks like a banana.  
cho-cho – pasatillo (Spanish), a vegetable known also as merliton in Louisiana.  
claw – A tool used to break or open crab shells.  
clover brand – a name brand of a cooking oil.  
cloves – clove.  
co-co or cho-cho – pasatillo (Spanish), a vegetable also known as merliton in Louisiana.  
coconut cream – the oil that rises to the top when coconut milk has been left to sit for an hour.  
coconut meat – the inside fruit of the coconut.

coconut milk – water that comes out after pouring water or just squeezing the grated coconut meat.

coconut rice – rice boiled with coconut milk.

coconut water – liquid in middle of coconut, a refreshing drink.

coola – a refrigerator.

camino – (camino in Spanish) or coriander.

conch fritters – conch balls.

condimento – spices of onion, garlic, tomato, paprika, and cilantro.

corn on the hog – corn on the cob.

corn fish – salted fish.

corn meal – corn starch.

corn meat – meat that is salted.

“counta” – the outdoor market, “ova da counta,” as opposed to things bought at the “shop.”

“covered ova” – covered with water.

crabu or crabble – the fruit known as nance in Spamsh.

“cream it up” – mix it up. cross buns – a sweet bread

cruddle milk – milk with lemon, or sour milk.

## D

deep water fish – fish found in banks off of the North Coast of Honduras, such as red snapper, and grouper.

dumpling – cut-up pieces of flour used to thicken soups, also called sea pies.

## E

easy – fast

## F

Fabla – a name brand of oil.

fast – easy.

fogon – an oven made of mud.

fry – either deep fried in oil or fried lightly on top of the stove with pan barely covered with oil.

Flor de Caña bottle – A brand name of rum whose bottle is used as a standard measurement in the Bay Islands for home-made products such as coconut oil.

flower girl baking soda – a name brand of soda.

full – ripe.

## G

glass – a measurement when cooking, another word for cup (a cup of flour).

glue – gum or goo, the gelatin from bones and ligaments in animals.



grate em – using a spoon with sharpened points on the end or a flattened tin can covered with hammered in nail holes to grate or shred coconuts, cassavas, or other hard breadkinds.  
graters – flattened tin cans with holes in them made from hammered nails to form a grating surface.  
grease – oil.  
green – fruit that is not ripe.  
grind – to grate  
gum – or goo, gelatin from between the bones of the pig's or cow's feet.  
gut – the pumpkin's insides.

## H

hand – “stir it wit ya hand” means use the whole arm like when kneading dough.  
hauks – break in half by hacking.  
hobos – hog plums.  
hog plums – hobos.  
hog – corn on the hog means corn on the cob.  
hog slaw – the coconut water and squeezed trash that is given to the pigs and chickens.  
hominy – dried and cleaned corn meal or corn starch from the United States.

## I

iguana – a kind of lizard, a native of America (*Lacerta iguana*), also called willy wishy on the Islands.

## J

jackfruit – another species of breadfruit or mazapan.  
“jig em” – cut or stab him, referred to slaughtering a pig.  
johnny cake – a bread made without yeast.  
“jug it” – shake it up.

## K

konkotea or kokontin – a small sweet banana used to make pop.  
krukus sac – a Miskito word for cotton sac used as strainer when squeezing coconut “trash.”  
cususa – aguardiente.

## L

lard – fat, oil.  
Lea and Perris – Salsa Negra or Salsa Inglesa.  
leche ley de – a brand name of evaporated milk; also called “ley de” leche by islanders.

“lick em” – to deliver a forceful blow to an animal.

limb – a stalk.

## M

malanga – a farinaceous root plant that looks like yucca (*Arum sagitae folium*).

maranon – cashew nut.

mariner – the second in charge on Honduras lobster boats. Helps the Captain by steering the boat.

masa – corn meal

mazapan – breadkind known as breadfruit in English.

milex – a brand name of powdered milk that is used to make icing and other foods.

mondogo – the tripe or intestines of the cow.

mug – a measurement, ½ mug of water = 3 or 4 cups of water.

mutton pepper – spicy pepper, called detil pepper in USA.

## N

nacatamale – a food made with corn meal, meat, vegetables, and a sauce.

nance – a wild yellow berry used to make fruits and drinks.

“new stuff” – referring to any ingredients that were not available in the “old days” (before store merchandise was made available.)

“nawta” – achiote, a spice used to color food red or brown.

## O

“off the menu” – the catch or kill of the day.

“old style” – cooking slowly outside on a wood fire or clay oven. Can also refer to ingredients used before store merchandise was available. All of these refer to the way one’s mother or grandmother cooked.

old wife – a fish found near the Bay Islands that is used in recipes.

“oven pot and cuva” – a pot used in the old days to make cake. The pot was left on an outdoor fire with coals underneath and on the cover or cuva.

## P

pawpaw – papaya.

pasatillo – cho-cho or merliton, a vegetable called merliton in Louisiana.

pilipita – a type of banana that is small and sweet, a Miskito word.

pine – pineapple.

pipe water – tap water.

pop – a drink made with water, sugar, cinnamon, and a starch.

pet milk – a brand name of evaporated milk.

"pick it" – to take the bones out of a fish after it has been boiled and cooled. Can also mean to pick the rocks and debris out of the rice.

plantain – a banana like fruit. These are good fried and boiled when green.

"pressure em up" – put them in pressure cooker.

"pulls it" – to extract the juices of.

## **R**

"r" root – a root type of plant used to make pop.

rahti – or rahtikadi crab. This is a Miskito word for the smaller crabs known as jaiba in Spanish.

rapadura – sugar head; sugar melted down into brown chunk. Used to make deserts.

"ring a round" – to roll it up.

"rub it up" – to make a dough.

## **S**

salt meat – meat which has been pickled or salted.

salsa negra or salsa Inglesa – Lea and Perrins Worcestershire sauce.

salsina – tomato paste.

"scorch em" – or "scorch it up"; to cut with knife and stuff with seasonings, referred to preparation of fish.

sea pie – or dumplings, a mixture of flour and water cut into squares that re put in soups and stews to thicken the broth.

Season All – a name brand of a blend of spices; also called All Seasons in the Islands.

"skaul em" – to boil in bubbling water.

slop – slaw.

"steep ya" – "steep ya onion"; to chop onion and put in oiled pan on stove.

stripe – the intestines of the wilk or other mollusk.

"soak it" – turn down fire and cook slow so that insides cook and outside doesn't burn.

shortening – lard, Crisco.

stew pot – a big soup pot.

"storying it" – stirring it.

strainer – a bag or cloth squeezed by hand to strain wet or washed foods.

stranger – foreigner.

sugar head – rapadura.

Sunday dinner – chicken and potato salad or pork and beans; both served with spaghetti and rice.

"squeeze em" – pour water or just squeeze the coconut meat after its grated.

"swells" – makes a lot.

sweet water – glaze for cinnamon rolls and buns.

sweet pepper – bell pepper.

sweet potato – carmote.



## T

tapado – a fish and meat stew served with breadkind and coconut milk flavor.

tic-tac-toe – cutting squares into flour for dumplings.

“tick” – or “tik” or “tic” – thick.

tin – think

“tin it in” – to mix in slowly

tomal – unsweetened, cold corn cake.

trash – grated and squeezed coconut meat.

“trow ya wata off” – pour out the water you used for boiling.

## W

waika – ethnic term of reference for a Miskito person in BIE, is also a Miskito language.

waika Coast – BIE word for the Miskito Coast, also a Miskito word.

war cake – Chocolate cake.

wabul – a ripe banana and water drink that is made on North Coast of Honduras.

wilks – large snails (West Indian type) found on reefs near the Islands.

wishy willy – an iguana.

## Y

yucca – a breadkind, cassava.

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*Hauks, Chip, Grate and Squeeze* is an ethnographic cookbook based on field research Laura Herlihy completed in the late 1990s in the Honduran Bay Islands. Herlihy worked as part of the Honduras Subcomponent of Bi-Lingual Inter-cultural Education project, funded by World Bank, to describe and promote Bay Island English (BIE). Her research assignment was to collect speech events on a specific theme – Island cuisine – and highlight language use in the traditional context of cooking. What resulted was a cookbook of recipes in BIE, collected from women (and some men) in Roatan, Guanaja, and Utila. The book also includes maps; pictures of the Bay Islands and of those she interviewed; a section on fieldwork and ethnographic methods; an index organized by food groups, and a glossary that provides translations of BIE terms to standard English.

Laura Hobson Herlihy received her PhD in anthropology from the University of Kansas (2002) and since then has worked as a lecturer in the KU Center of Latin American and Caribbean Studies. She developed (2009) and has directed an indigenous Miskitu language program in Nicaragua, a US Department of Education (IRIS-) approved program. Herlihy's ethnography, *"The Mermaid and the Lobster Diver; Gender, Sexuality, and Money on the Miskito Coast"* (2012, UNMP), was selected by ProQuest as one of the Significant University Press Titles for undergraduates. Herlihy recently published *"Yamni Balram, A Miskitu Grammar and Workbook"* and a Miskitu Operetta, *"Waikna Sangni/Mairin Blu"* (both 2017, KU ScholarWorks).